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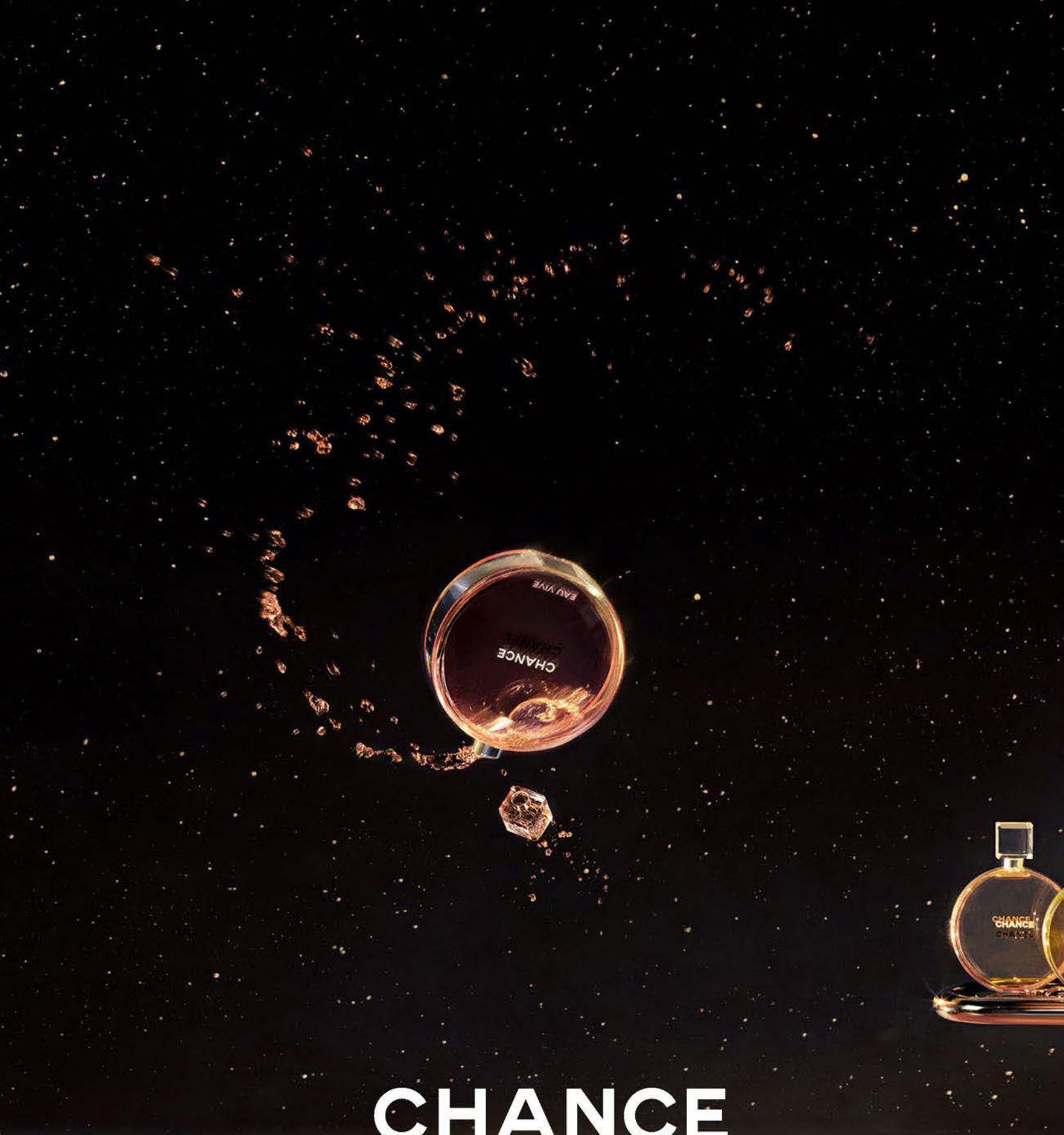
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on the cover

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Your best body



"As soon as the temperature drops my skin, hair and make-up suffer. Here are my top tips to giving winter the cold shoulder and making the most of the season."

Lucy Adams
beauty editor



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Mental health



"I was horrified and saddened that in such a wealthy country as ours, there are children and families struggling to get the mental health treatment they need. We've got the blueprint of what needs to be done to save young lives. It's time for the government to step up and stop our kids dying."

Daniela Elser
features director



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Tribal loyalties



"The international shows offered a gorgeous array of inspirational looks. This time, though, rather than our usual trend report we have illustrated the season by defining the new style tribes. Which clan will you belong to?"

Jana Pokorny
fashion director

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Emma Stone
on her one
addiction and
being Woody's
latest muse



COVER Photographed by Matthias Vriens-McGrath. Courtesy of Sony Pictures Entertainment. Re-create Emma's look with make-up by Revlon. On Face: PhotoReady Insta-Fix Makeup in Vanilla; Powder Blush in Naughty Nude. On eyes: PhotoReady Primer + Shadow in Impressionist; PhotoReady Kajal Matte Eye Pencil in Matte Coal; Bold Laquer Length + Volume Mascara in Blackest Black. On lips: Ultra HD Lipstick in Gladiolus.

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Stylish stripes



"Stripes have long been a fashion favourite, but this season we look to unexpected combinations of textures and fabrics to freshen up the mood. I like the idea of wearing traditional pinstripes with unexpected hits of lurex."

Bree McDonald
junior fashion & news editor



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Fashion's new
love story



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marie claire

august

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from the editor



marie claire
LOVES

Green with envy over
these divine drop
earrings, \$645, by Marni?
Get in on the action and
put a little extra pep into
your evening ensemble.

J

love the fact there is a generation of women who are funny, feisty, loud and unashamedly themselves. Think of the current crop who are at the top of their comedic game: women like Tina Fey, Amy Poehler, Lena Dunham, and Amy Schumer, whom I had the absolute pleasure of meeting last month (well via the phone) for this month's *Frankly Speaking* (page 28).

The New Yorker is the queen of viral. All of the drop-dead hilarious skits from her show, *Inside Amy Schumer*, regularly go global on social media – they are certainly on every screen in the *marie claire* office (all in the name of research, according to my staff!).

And Amy was everything I thought she would be. When I asked her what she loved most about her body, she went ahead and listed everything. She basically said that she loved her arms, her legs, her butt, her face. And I just loved her more for it.

It seems she is typical of the female A-listers storming Hollywood now. Look at the other stars we feature in this issue: from covergirl Emma Stone, to It girl model-actress Cara Delevingne, to indie-film queen Lake Bell – they all share the same infectious quality of being authentic. They are happy in their own skin and are unapologetic about who they are. I welcome with open arms this new trend, as these stars are not cut from the same cookie-cutter mould. They're unique and will make amazing role models for young girls of the future.

Talking about our future, the number one crisis our youth face in Australia is undeniably mental health. Among the many shocking elements unearthed in our investigative report into juvenile mental health (*What Do You Do?*, page 32), the most stand-out statistic was the fact that this year – for the first time ever in Australia – suicide was reported as the leading cause of death in children aged 5 to 17.

I was appalled to read this. Mental health is certainly the defining disease of our times, but I still find it hard to believe that in a country like Australia we can accept that statistic. My heart ached for the mothers who have nowhere to turn to and are beside themselves with panic about how to get help for their families. Our report highlights the broken state of affairs and the demands for the government to take some serious action to fix the system. We are certainly committed to keeping watch on this alarming health crisis and pushing for real action. Watch this space.

Jackie

JACKIE FRANK
Publisher/Editor



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who's who

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STYLING TIP

Gold details elevate a pink palette from playful to polished.

STYLING TIP

Try cinching your look with a belt for fashion-forward finesse.

Take some style cues from the opulent modernism of design guru Warren Platner. Pictured here is his American Restaurant in Kansas City, which was completed in 1974.

ZIMMERMANN A/W 2015

TREND #1

IN THE PINK

We love the copper tones and pastel hues of Zimmermann's latest collection. Adopt some of your own with this luxe edit

1 Dress, \$3115, by Valentino at Stylebop.com. 2 Earrings, \$2260, by Kallis. 3 Top, \$249.95, by C/MEO Collective. 4 Belt, \$427, by Nina Ricci at Matchesfashion.com. 5 Shoes, approx \$885, by Chloé at Net-a-porter.com. 6 Skirt, \$450, by Zimmermann. 7 Bag, \$3045, by Lanvin at Mytheresa.com. 8 Top, \$270, by Verner.



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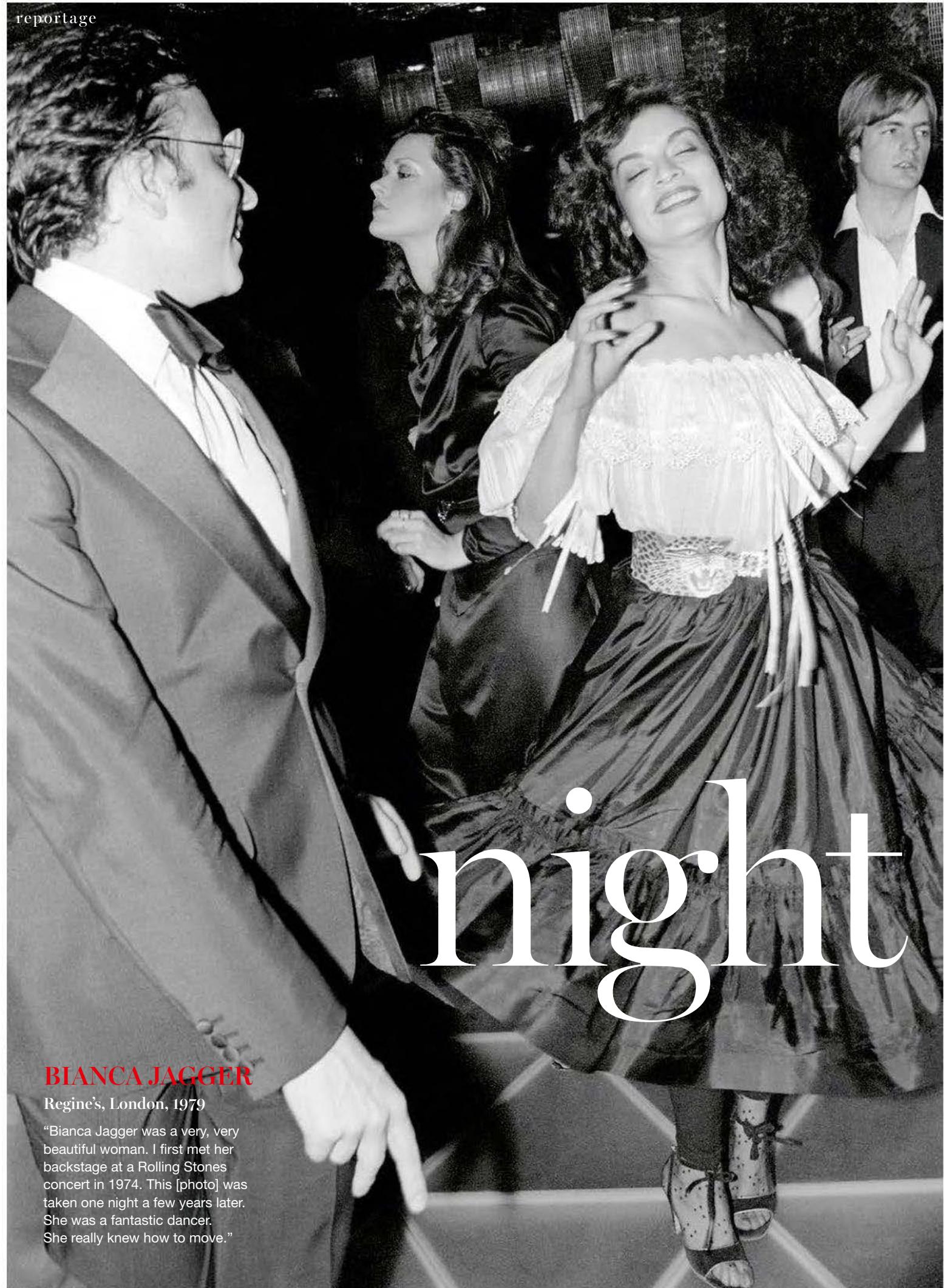


TREND #2 STAR TURN

We're all for this stellar style cue. And with fashion as fabulous as this, it's bound to put a twinkle in your eye

1 Shirt, \$460, by Equipment. 2 Earrings, \$18, by Topshop. 3 Necklace, \$149, by Swarovski. 4 Bag, approx \$2940, by Saint Laurent at Farfetch.com. 5 Ring, approx \$5525, by Andrea Fohrman at Modaoperandi.com. 6 Dress, \$400, by Bec & Bridge. 7 Boots, \$90, by ASOS. 8 Watch, POA, by Chanel. 9 Sandals, approx \$785, by Stella McCartney at Farfetch.com.

reportage



night

BIANCA JAGGER

Regine's, London, 1979

"Bianca Jagger was a very, very beautiful woman. I first met her backstage at a Rolling Stones concert in 1974. This [photo] was taken one night a few years later. She was a fantastic dancer. She really knew how to move."



DITA VON TEESE

George Clooney's 47th birthday party, Bungalow 8, New York, 2008

"Dita was just sitting there at the party, enjoying herself. When she saw me she kicked her leg up and showed off her burlesque moves. I'm a people person.

That's the only thing that matters as a celebrity photographer. If the people you're taking a photo of like you, they'll give you the pictures because they know you won't make them look stupid." ▷

fever

Richard Young has partied with Kate Moss, danced with Bianca Jagger and helped George Clooney blow out his birthday candles. The legendary party photographer takes us behind the scenes of what celebrities really get up to when they let their hair down



MADONNA

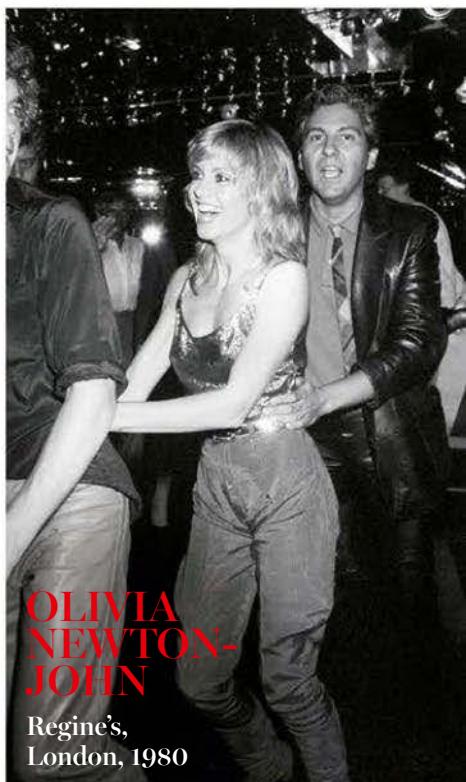
Met Gala, New York, 2011

"I looked across the room and saw Madonna grooving in her chair. It was too good. I've known her a long time. At the second Live Aid concert [in 2005], I was there with a lot of other photographers. She looked down into the pit and got everyone to sing along with her and she stared right at me, pointed her finger and said, 'That means you too, Richard.' So I got name-checked in front of millions of people. I thought that was pretty great."



ANNABELLE NEILSON, MEG MATHEWS, NAOMI CAMPBELL

Monte Carlo Beach Club, Monaco, 2000



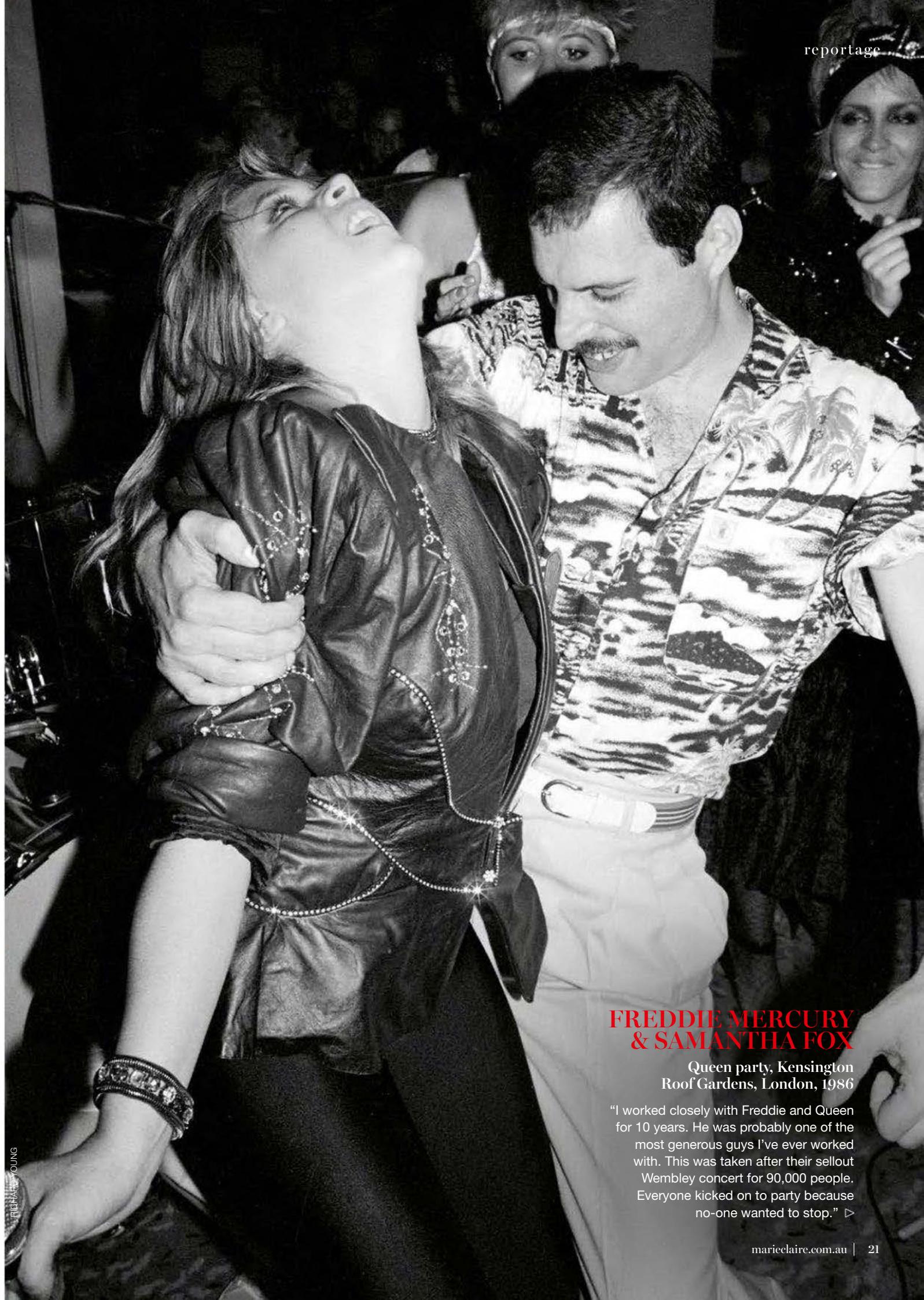
OLIVIA NEWTON-JOHN

Regine's, London, 1980



JOAN COLLINS

London, 1993



FREDDIE MERCURY & SAMANTHA FOX

Queen party, Kensington Roof Gardens, London, 1986

"I worked closely with Freddie and Queen for 10 years. He was probably one of the most generous guys I've ever worked with. This was taken after their sellout Wembley concert for 90,000 people. Everyone kicked on to party because no-one wanted to stop." ▷



ROD & ALANA STEWART

Regine's, London 1979

"This picture was taken at Regine's, which was a fantastic club. It had one of the best dancefloors and played all the right music. You couldn't have a bad night there. And I was always on the guest list, which was very important."

CHRISTY TURLINGTON *(right)*

Versace fashion show afterparty, Paris, 1994



RICHARD YOUNG

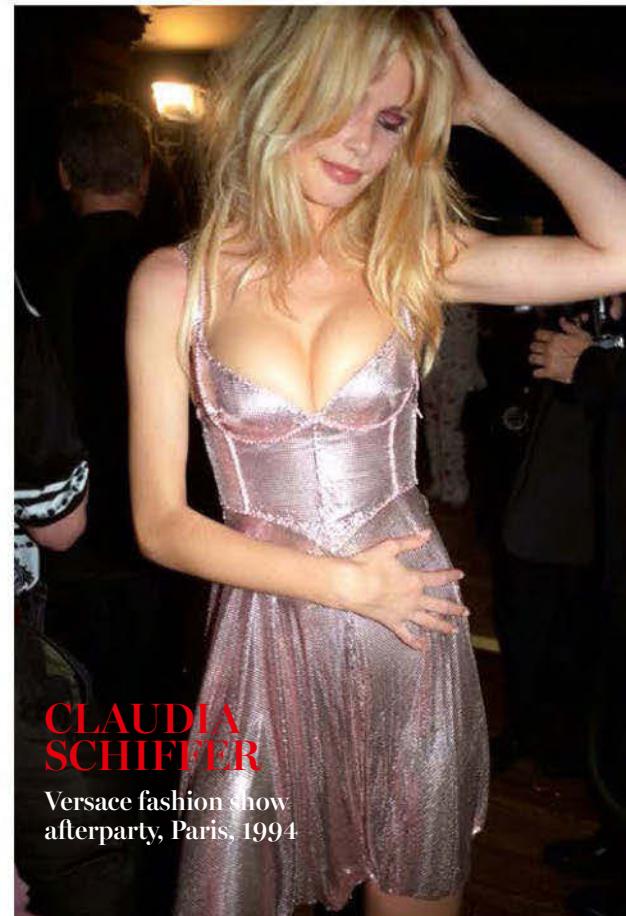
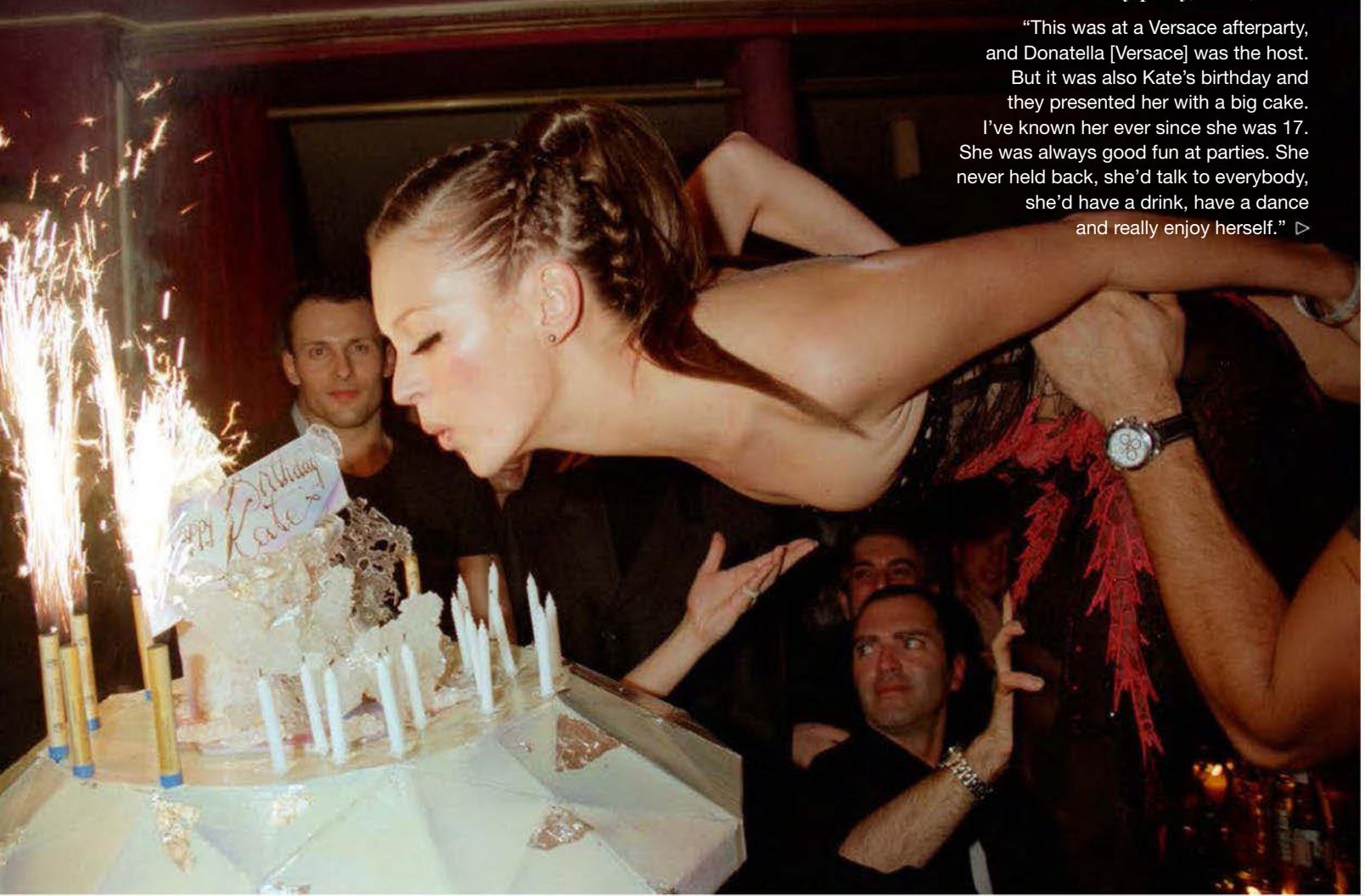
KATE MOSS

Her 25th birthday party, Paris, 1999

"This was at a Versace afterparty, and Donatella [Versace] was the host.

But it was also Kate's birthday and they presented her with a big cake.

I've known her ever since she was 17. She was always good fun at parties. She never held back, she'd talk to everybody, she'd have a drink, have a dance and really enjoy herself." ▷



RITA ORA

Playboy's 60th birthday party, London, 2013

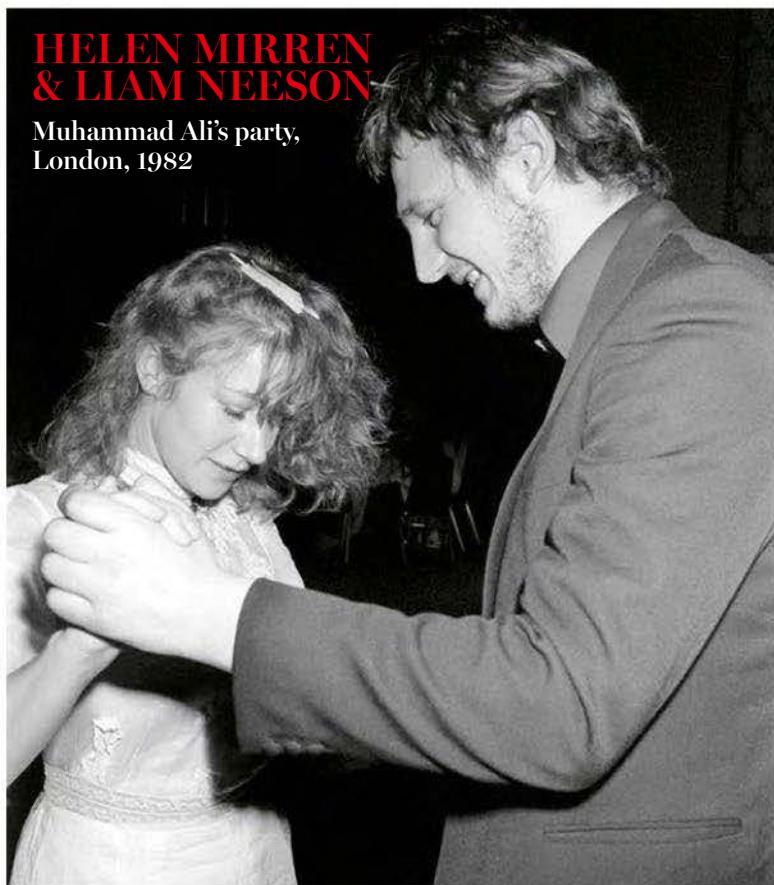
CLAUDIA SCHIFFER

Versace fashion show afterparty, Paris, 1994



HELEN MIRREN & LIAM NEESON

Muhammad Ali's party, London, 1982



ELIZABETH HURLEY

London, 1991

GEORGE CLOONEY *(left)*

His 47th birthday party, New York, 2008

"I was actually in New York to photograph the Met Gala for Giorgio Armani, when [an executive from Armani] said to me, 'Right, we're all going downtown to this club because it's George's birthday tonight and we're going to celebrate.' So I did what I was told and went with them. There was a big cake, George blew out all his birthday candles and we had a great night."

Photographer Richard Young knows the secret to a good party. "Big plates of canapés," he says. What about cocktails? "Alcohol has never been important in my life," he proclaims. "But dancing is. A good party is never complete without a good beat." If you're going to trust anyone on this topic, trust Young. The 67-year-old photographer has made a career out of capturing candid snaps of celebrities letting their hair down. These pictures – from the '70s to now – have been collected in his new book, *Nightclubbing**.

As a fledgling social-pages photographer, Young got his break sneaking into lavish gatherings, such as Richard Burton's 50th birthday at London's Dorchester hotel in 1975. Since then he has shot Miranda Kerr at the Met Ball, Julia Roberts at the Oscars, and Keira Knightley and Michael Fassbender dancing at the premiere of *A Dangerous Method*.

Young is the perfect society photographer; instantly friendly, chatty without being gossipy, cheeky without being cruel. "People open up in front of the camera if they trust you. That's why I love taking pictures of people dancing. There's no posing, they're just enjoying themselves. It's a moment where you can truly be free," he explains. □

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frankly SPEAKING with amy schumer

She has *pranked* Kim and Kanye, *mocked* Mike

Tyson and made some *spectacular feminist statements* via her *hilarious (and viral)* comedy sketches. Meet Amy Schumer, the 34-year-old New Yorker who has her sights set on *Hollywood*

on looking hot

JACKIE FRANK: What is it like being a woman in Hollywood up against the expectation of what we should look like?

AMY SCHUMER: I luckily live in New York, but in terms of the expectation, I think it's changing a little bit. I hope I'm doing my part, but people do hold you in the same standard as a model, even if you're

a comedian. It just seems insane to me. You know, I'm *funny* – that's *my* thing – but there's still an expectation to [look hot]. People want all women to be gorgeous and to be skinny, but that ain't me. I'm myself and I'm very comfortable in my own skin, [so] take it or leave it.

JF: Which part of your body would you say you love the most?

AS: Oh, I love my body. I love my breasts. I love my arse. I love my vagina. I love my legs. I love my arms. I love my ears. I love my toes. And they all move and are healthy, [so] I'm grateful.

JF: What would you say to women about accepting their bodies? We've got eating disorders, but also obesity is a serious health issue ...

AS: There are so many different reasons people develop eating disorders, but I think it's a complete epidemic of girls just feeling ashamed and hating their bodies and being told this "one" way of looking is the right way. And if you don't, [then] you should be ashamed and you're ugly and you're not deserving of love. I'm just here to say that's not true!



JUST FOR LAUGHS

Schumer's comic collaborators include her sister, writer/producer Kim Caramele (top left), performer Bridget Everett (left, centre) and writer Jessi Klein (left, on right). At the *Time 100* Gala last April (above), Schumer couldn't resist upstaging Kimye with a red-carpet faux trip.

JF: So is our value then, as women, still largely attached to our appearance?

AS: A large part of our value is attached to appearance. You've got to watch my *12 Angry Men* episode because it's all about that. We're judged by that, always. A woman could cure cancer, but people will still say, "Oh, but did you *see* her?"

JF: For men, that just doesn't happen. They don't get scrutinised the same way ...

AS: Yeah, it's bullshit. It sucks. But it's a total reality, but I really am trying to do my part to change that. I think other people [are], too.

JF: Like who?

AS: Gloria Steinem is a big role model for me. Julia Louis-Dreyfus, Tina Fey, Patricia Arquette ... they fight for what they really care about and are just unwavering in their goals. I think they are cool-as, strong chicks that I'd also like to have a beer with.

the path to the top

JF: What was your first stand-up gig like?

AS: I'd been performing in different

plays since I was five so I didn't have stage fright. I tried it just out of college when I was 22 or 23. It went pretty well so I stuck with it. I got obsessed with it more and more and kept working at it until I got better.

JF: You got your big break after appearing on Comedy Central's *Roast Of Charlie Sheen*. It was one thing to get up there and joke about Sheen, but on that show you mocked former heavyweight champion boxer and convicted rapist Mike Tyson – to his face! How did you have the guts to do that?

AS: I found out pretty late in the game, about two weeks before, that I was going to be doing that roast. And that night I just went up and do what I do. I just worked really hard on my jokes.

JF: So does anything scare you, then?

AS: No.

JF: You've just finished the third season of your TV show, *Inside Amy Schumer*. It's been described as a brashly feminist show. What does feminism mean to you?

AS: The definition to me is someone who supports the quality of political and social freedom and equality for women. I mean, who doesn't think that women should be equal? I just think it's a crazy thing for anyone to say they are *not* a feminist.

JF: Here at *marie claire*, we love the "Last Fuckable Day" skit, and the *Friday Night Lights* rip-off about footballers no longer being able to rape women. What's your personal favourite?

AS: It would be the one my sister [Kim Caramele, a comedy writer and producer] wrote for the second season. In it, I get a big voiceover job, but then realise I am playing a meerkat. All the other meerkats are really hot, but then I see

my character and she's this severely obese meerkat, doesn't have any pants, like, has an exposed vagina, and my character's only line is, "Worms!" I really like those types of scenes where [people appear] so confident, but are then hit with the reality of their situation.

filming sex scenes

JF: Your new film is called *Trainwreck*. It's about a woman who thinks she has it together with her no-strings-attached lifestyle, but then hits rock bottom. How close is this scenario to the real thing? ▷



faces of amy
Clockwise from left: glam on a gurney for *Vanity Fair*; parodying music videos with Amber Rose; off- and on-screen with cast and crew in *Trainwreck*; owning the stage in Vegas.

AS: I would say 70 per cent is real. My dad really has multiple sclerosis and is in a hospital and my sister is married and in a really good marriage [like the characters in the film]. And I definitely have done my share of drinking. But honestly, I've only had one one-night stand, unfortunately ...

JF: Only one?

AS: That's right. That is a fact.

JF: Oh my goodness, but you have so many in this movie! What was it like for you shooting the sex scenes?

AS: They are hard to film. They were all very different, but funny. I'm so glad they came out the way they did. It was harder to film the "serious" sex scenes, even though they were still kind of crazy.

JF: There is such a double standard around women and sex, isn't there?

AS: The guy who performs before me on the road, he talks about sex a lot. But no-one would leave the show feeling, "Wow, that guy has got around." And he has probably had about 100 one-night stands. And I've slept with 25 people, and I think that number is low. But for

a woman, people might say, "Wow, that's a lot." And I'm like, "No, it's not." I feel no apologies for that. [Personally] I think if someone is sleeping around a lot, she is not in a good place mentally and I think the same for a guy. But we have every right to express ourselves sexually and I think women feel kind of vilified for being someone who wants to have sex, and that's crazy.

looking to the future

JF: You have spoken about how women often start sentences with "sorry", and that you've made a conscious effort not to do that. How's that going?

AS: I'm good about not doing that anymore.

JF: Why do you think we do that?

AS: Because people hate us (laughs). No, because women in a lot of environments are made to feel like they should just be wallpaper, and keep their thoughts to themselves. I think it's a very ugly truth.

JF: You mentioned Gloria Steinem, but thanks to yourself and Lena Dunham,

younger women have really embraced this idea of, "This is who I am, I'm going to be loud and passionate and not be apologetic about it," which is fantastic. But even so, I would say that society is much slower in catching up. How do men respond to you?

AS: I would say 50 per cent of the men I have any dealings with are super pro-women and want to empower women in their work. But every week I'm at a different theatre or [studio] and 50 per cent of them still want to hold on to the old model. But I think women using their voices more and being aware and not apologising [are things that] they can do personally. Then those women will have children and their children will follow suit. I think we learn from examples in our home. My mum was a definite feminist.

JF: What do you say to young girls today who think the fight for feminism has been won? Often, they are not conscious of inequality until they realise they are not being paid the same as men ...

AS: I would say that it's good they don't know that yet, [but] when this stuff does come to light for them, that they should do their part. Whatever their potential is – whatever they have in them to further the cause – I hope they do it.

JF: You worked with Judd Apatow on *Trainwreck*, and we're going to see you team up with Paul Feig [director of *Bridesmaids*] on a mother-daughter comedy movie. Where do you go from here?

AS: The cemetery (laughs).

JF: No, you have too many women to empower!

AS: I know. I've got a lot more work to do. I want to collaborate with a lot of women; I'm going to write a book; I'm going to do another season of my show and hopefully do more movies.

JF: You are living the dream. Do you occasionally pinch yourself?

AS: Yeah, I really do.

Trainwreck is in cinemas on July 23.

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YOUR DAUGHTER HIDES KNIVES
SHE ATTACKS HER SIBLINGS
DOCTORS HAVE TURNED HER AWAY
YOU'RE AFRAID OF WHAT SHE'LL DO NEXT...

WHAT DO YOU DO?

With a *mental health system* that is unquestionably in crisis, young Australians are *struggling to survive*. And their beleaguered families face a *horrific merry-go-round* of hospitals, psych wards and experts with no idea. By Erin O'Dwyer



“There are simply not enough health workers to go around. The system is in crisis”

Megan* can pinpoint the exact moment she knew she could not take it anymore. It was late afternoon on a perfect Sydney day and the mother-of-three was racing her eldest daughter to the emergency department of Westmead Hospital. The medical staff knew 14-year-old Jennie* by name. She'd been in and out of emergency for two years and admitted to the psychiatric unit three times. The nurses joked about getting Megan an official hospital ID pass. Except this time – like all the other times – it was no laughing matter.

Jennie had complex mental health issues – major depression, self-harm, anxiety, an eating disorder. Megan recognised the first signs when Jennie was just eight or nine. Over the years, Megan tried everything. In Year Six,

she moved her daughter to a more supportive private school. Jennie saw a psychologist once a week and was under the care of both psychiatric and adolescent medicine teams at Sydney's Westmead Hospital. Megan sought a second opinion at the Black Dog Institute. She called every community health service, but they said her daughter was too severe to access their services.

For a time, Megan even sent her daughter to live with her parents. “When your child acts like this, you wonder what the trigger is,” says Megan. “When the doctors can't find anything, you blame yourself.”

But the cutting, which began when Jennie was 11 and was being bullied by the “popular girls” at school, grew worse. On that morning, Megan found 11 sharps – scissors, blades, knives, whatever Jennie could get her hands on – in her daughter's bedroom even though Megan cleared it every day. Desperate to harm herself, Jennie had broken into the garage where all the household blades were locked up in a toolbox. ▷

When Megan tried to stop her daughter, Jennie turned on her. She locked her mother in the garage, then raged at her siblings. Megan listened helplessly as Jennie screamed and hit out at her 12-year-old sister and seven-year-old brother.

"For the first time it dawned on me how dangerous she could be with a sharp," says Megan, an articulate and intelligent woman from Sydney's Blue Mountains, about an hour drive from the CBD. "It hit me like a tonne of bricks. I realised I had to protect my other two children."

At the hospital, Megan told doctors she couldn't do it anymore. She waited while Jennie's deep wound – inflicted with another hidden blade – was treated. Then she delivered her message. She would not be taking Jennie home. She was handing her daughter over to be placed in the temporary care of the state.

"I said, 'Don't tell me she's bandaged up and ready to go,'" recalls Megan. "This is it. I'm not taking her home. And I don't want to hear anymore."

Unfortunately Megan's story is not a one-off. The sheer number of young people struggling with mental illness in Australia is staggering. One in four people aged under 25 has a mental illness and this year, for the first time ever, suicide was reported as the leading cause of death in children aged five to 17. Among 15 to 24 year olds, twice as many die of suicide than in car accidents.*

There is no shortage of parents lining up to tell their stories. Or medical professionals speaking out about their concerns. They want more funding and better services, fast. There are simply not enough health workers to go around, and not enough resources to train more staff. The system, they say, is in crisis.

In April, the National Mental Health Commission's review recommended an urgent overhaul. The report was damning, labelling the system as "ad hoc", "fragmented" and "hit and miss", with duplication in some areas and scant services in others. Getting the right treatment was based on "luck".

"We wouldn't half treat cancer, we wouldn't grossly undertreat diabetes. Yet we grossly undertreat mental health in young people"

Professor Ian Hickie, mental health campaigner

The report's finding was nothing new to parents. They tell of being unable to access child psychiatrists in regional areas; of children held sedated in adult psychiatric wards; of children being shunted on to medication without a word about behaviour management; of children suiciding after release from hospital; and of suicidal children being released into their parents' care without a plan for ongoing treatment. Families are collateral damage. Careers stall, marriages collapse. Siblings move away to escape the drama.

One month before crisis point was hit with Jennie, a meeting was held between the hospital, the department of family services and Jennie's school. Two hospital department heads attended, as well as Jennie's psychologist and psychiatrist. They all warned that Jennie's family was in crisis. At the end of the meeting, department staff said there was nothing they could do. Jennie, they argued, was well cared for, which technically meant, "Jennie was not a child in danger," Megan recalls them saying. "They only care for children in danger."

It took Megan's ultimatum for the department to step in. Within days, Jennie was in a residential house with

a dedicated mental health team caring for her around the clock. The department's aim is to keep Jennie safe, then transition her back home once she's stable. It takes six staff to do what Megan has been doing virtually alone, for years. She stands by her decision to relinquish her daughter's care in order to get help.

"I was trying to save my daughter," she says, choked with grief. "But when I asked for help I was turned away. I thought, the system is broken, but the system has to be there for my daughter. I've given everything and I can't give anything more."

There's no doubt the system is on its knees. In juvenile mental health, early intervention is key. Yet a whole generation falls between the cracks.

Dr Nick Kowalenko, chair of the faculty of child and adolescent psychiatry at The Royal Australian & New Zealand College of Psychiatrists, points to the numbers as proof. Around 13 per cent of all health problems stem from mental health disorders. Yet only five per cent of the health budget is allocated to mental health. Young people make up one quarter of the population. Yet less than

GONE TOO SOON

For the first time ever, suicide has been reported as the leading cause of death in children aged five to 17 in Australia.*

In 2009, suicide was the cause of death of one in 10 children who died.

In 2013, it was

1 in 5

10 per cent of the mental health budget is spent on children.

"We should be getting the kind of funded base that goes to children's cancer," says Dr Kowalenko.

Professor Ian Hickie, an expert in depression who sits on the National Mental Health Commission, echoes these sentiments, arguing the area is desperately underfunded. In 2012-2013, Australia spent \$10 billion on mental health and suicide prevention. It's a drop in the ocean compared to the mental health burden – an estimated \$60 billion each year, according to the OECD.[†]

"We wouldn't half treat cancer, we wouldn't grossly undertreat diabetes," says Professor Hickie. "Yet we grossly undertreat mental health in young people."

Funding is paramount, but not the only answer. Dr Kowalenko points to other challenges, such as a misunderstanding of child mental health among GPs and paediatricians, and adolescents who refuse treatment because they're testing the boundaries of their autonomy.

"Stigma also gets in the way in the system," adds Dr Kowalenko. "The system is not good on continuity of care and that requires real persistence and patience on the part of parents and their children, which is terribly hard."

The federal government's frontline response to youth mental health is the Headspace initiative. With more than 80 centres around the country, the initiative aims to provide a highly accessible, youth-friendly service hub. Each centre has a team of doctors, counsellors, youth workers and psychologists who work with 12 to 25 year olds, all under the same roof. The model aims to provide a "wraparound" service where a suite of health workers come to the person, in a unified and coordinated way.

But recently the National Mental Health review criticised this "one size fits all" model. Mental health expert Professor John Mendoza says Headspace centres receive a lion's share of funding, yet see only 10 per cent of the one million Australians who are young and unwell.

For Headspace chief executive Chris Tanti, the bad press is counterproductive. He says Headspace has undergone two independent evaluations. The second report, looking at Headspace operations, is due to be handed to the government soon. The organisation is currently rolling out an extra 15 centres in order to increase its reach to children in need.

"For parents, it's hard to know where to go," agrees Tanti. "When you see a problem with your child, it's hard to know whether it's actually a problem or something that will pass. But things left untreated get worse. Most families have a fairly high threshold, then things get out of control."

While Headspace is focused on early intervention, says Tanti, many young people still end up in the hospital system first because families seek treatment only when they reach a crisis point.

He believes the critical gap is in child mental health. The Royal Australian & New Zealand College of Psychiatrists estimates at least one child in every

"Those three children, we failed"

The immeasurable, tragic cost of the closure of specialist services

Will Fowell (below left), Talieha Nebauer (below) and Caitlin Wilkinson Whiticker (right). These are the names of the three Queensland teenagers who took their lives after the closure of a specialist youth mental health centre near Brisbane.

The Barrett Adolescent Psychiatric Centre at Wacol closed in January 2014, despite repeated warnings from health experts it would leave

high-risk suicidal teens without care.

The Barrett Centre offered 24-hour care to young people at serious risk of suicide. They had access to one staff member each.

But the state government decided it was outdated. As predicted, the care in the community was inadequate. Months later, Will, Talieha and Caitlin were dead.

"Those three children, we failed," admitted Queensland health spokesman Dr William Kingswell last November. "The coroner will tell us in what ways we failed."

But almost a year on, neither the promised

commission of inquiry nor a separate coronial inquest has happened. No date has been set. The families of Will, Talieha and Caitlin want answers.

"We want justification [on] the fact there was no transition process," says Will's mother, Jo Olliver. "And we want the government to reopen what they shut down."

Because there was nowhere for 18-year-old Will to go, he was transferred to a unit in the grounds of nearby Wacol prison. He was the only patient in what was essentially a suicide watch unit for prisoners. One night,



he walked out through an open door. He was not reported missing until the next morning.

Justine Wilkinson, whose daughter Caitlin, 18, suicided last August after the closure, is also looking for answers.

"The bureaucrats need to realise the decisions they take in a cool, calm office have profound effects on lives," she says.



primary school classroom has childhood depression. But Tanti maintains there are too few child psychiatrists and most work in the private sector.

"There isn't a system for addressing mental health in under 12s," says Tanti. "Yet child psychiatrists recognise most of the mental illness they encounter in adolescents first presents while children are still at primary school."

"If we get a 10 year old [at Headspace], we say, 'Let's see them, let's not turn anyone away.' But it's a different speciality and early intervention really requires a child psychiatrist, and then parents must pay for a private service."

The family of 18-year-old Natalia Yandell were all too willing to go private. Eight years ago, Natalia was a bright primary schooler, chosen to represent Australia at a nanotechnology competition in Atlanta in the US.

By 2011, she had more than 300 cuts on her arms, legs, shoulders and torso. At the local child and mental health service in Cairns, Natalia told doctors about

"We tried to get an early intervention, but it wasn't available"

the darkness inside that made her want to die. The service turned her away, saying she was "not critical" enough. They referred her to group therapy, but she was too young – 14 instead of the required 16. A private psychologist, which her mother scrambled together the money to pay for, threw up her hands, saying the case was "outside her field of expertise".

There was no private child psychiatrist working independently in the local area.

Four months later, Natalia took an overdose of painkillers. She was 15. It was the beginning of an horrific merry-go-round of hospital admissions and psychiatric wards, including adult psychiatric wards where Natalia was sedated without psychological treatment.

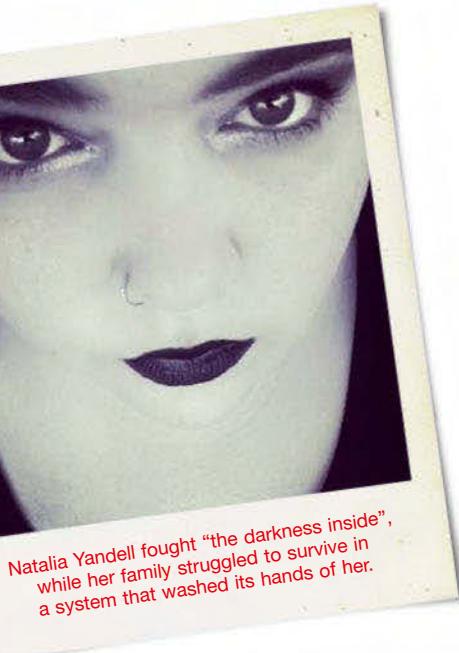
"We tried to get early intervention, but it wasn't available," says her mother, Margaret, a community outreach worker who had thought she "knew" the system.

"You feel so isolated, and you think you're to blame, and that your child is ruined for life. But the reality is it is happening far more than anyone imagines."

It's now been 100 days since Natalia last cut. She is seeing a therapist she trusts and has developed ways of coping. She hopes to eventually return to school. But managing her mental health will be a lifelong journey.

For Margaret Yandell, reflecting on the past four years is distressing. She doesn't know what she could have done differently. She still doesn't say her daughter is well, because she never knows. And she worries about the other parents struggling to cope, about the thousands of teenagers sitting alone in their bedrooms overwhelmed with pain.

"There are a lot of people dealing with terrifying things and they don't know what to do," she says. "Neither does the system."



Natalia Yandell fought "the darkness inside", while her family struggled to survive in a system that washed its hands of her.

A BRIGHTER TOMORROW

Often we look overseas for solutions. But the answer to the juvenile mental health crisis may be right in our own backyard



In its submission to the National Mental Health review, western Sydney community health service RichmondPRA reported its youth outreach program had reduced hospital admissions by 80 per cent.

The program links teenagers to young dedicated mental health workers, all of them under the age of 30. They work flexibly, around the clock, and slowly build trust.

"We've had situations where a young person is so depressed they won't come out of their bedroom," says Pam Rutledge (pictured above), chief executive of RichmondPRA. "One of our workers will just sit outside their room and talk to them and wait for the connection to establish itself. One young man said, 'They took me out and showed me the sunshine.'"

In January, the NSW government announced a \$2.1 million rollout of the program to Hunter/New England, Nepean Blue Mountains, Northern NSW and western Sydney. Pam Rutledge has hopes the program will also go national.

"We need to reach people at the blackest moment," she says. "We need to reach them in the middle of the night."

Professor Ian Hickie says the National Mental Health review has a road map to fix the system. It calls for \$1 billion allocated to hospitals to be channelled into community health programs from 2017, as well as a boost to research and online technologies such as e-mental health clinics.

But the day after the report was released, federal health minister Sussan Ley rejected the key \$1 billion recommendation and referred the report to an expert mental health reference group. The group will develop strategies to address the recommendations in the report.

Professor Mendoza is critical. "If the government is about efficiency, then it should simply heed the directions that are in the national review," he says.

Professor Hickie remains optimistic. "It's an action document. If it's not this minister who picks it up, it will be the next one," he says. "Community support is very strong and I don't think a government will get away with no action." □



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“My dad moved to America when he was 20, but he’s Italian, so he makes wonderful pasta dishes almost every night”

Oona Wagner, 13, often has dinner in front of a screen

This photo was taken at my dad’s house. He moved to America when he was 20, but he’s Italian, so he makes wonderful pasta dishes for my stepmum, and me almost every night. Sometimes, he makes us sit at the dining table to eat, although he doesn’t mind if I eat in my room if there’s a really good show on. I was eating in my room that night because he was going out.

“When I’m staying with my mum, we eat dinner in front of the TV; it’s a really nice routine. Although I do appreciate it when we sit at the table and talk about our days at Dad’s house. I think I have the best of both worlds.”



YORK

on a plate

*Alone or with friends; a lavish meal or a quick takeaway; how we perform the *daily ritual of dinner* can unveil much about how we live our lives – as *this photographic series* of New Yorkers eating-in reveals.*

As told to Georgia Rickard



How do you get under the skin of New York? When photographer Miho Aikawa first moved there, after graduating from university in Japan, her plan didn't amount to much more than meet locals, take photos and "try new foods". But a curiosity about the city's cultural diversity quickly morphed into something more.

"I've always been curious about how people eat, especially in their own homes," she explains. "There are so many different people here, from everywhere in the world. And dinner can reveal all sorts of insights." Her subsequent series – *Dinner In NY* – features people from all sections of society, and has brought Aikawa intimate insights into the lives of Big Apple residents from places as far-reaching as Argentina and ... Brooklyn.

Aikawa's own upbringing was far removed from the frenetic pace of New York. "I grew up in Japan, where dinner was the only time we sat together every day. The evening meal was seen as a special time.

Not so for her subjects in New York, however. "Some people only eat vegetables; some people eat their dinner on a train on the way home," she observes. "People enjoy their meals in different ways – I'm not trying to say having dinner with a smartphone is bad, or that eating alone is sad," she says. "But most of us don't actively think about our own dinners, or our habits we've developed when eating. I want people to think about their enjoyment. The conclusions you draw are up to you." ▶

**Chelsea Olson, 20,
works as a model.
She is usually too tired
to cook a hot meal**

"New York is a hustle, especially when you're trying to make it as a model. This was taken at the end of a typically busy day. I work three jobs – as a promo model, doing in-store demonstrations for a beverage company, and as a freelance writer to make ends meet. Between shifts I run around to castings and do all those things you do to keep up your appearance – working out, tanning, trying to eat right.

"When I get back to my apartment in Brooklyn, I keep the fridge stocked with easy things like hummus and vegie burgers – things I can prepare in a few minutes. I'm usually exhausted by the time I get home. I often eat alone. I share a flat with two girls, but unless we organise to eat together we're like ships in the night. Food becomes fuel; you stop being engaged with it."

"I'm usually exhausted by the time I get home. I often eat alone. Food becomes fuel"



Director Jorge Valdés-Iga, 27, times his meals to maximise his working hours

"I'm writing a script that I really believe in, and I'm on a mission to finish it. Each day, I go to a nearby library at 8am and leave at 10pm. It's hard, but productive.

"This deli is almost empty by the time I get there at around 6pm. There's only the clock in front of me, no other distractions. I like that. New York is a machine. Every minute feels like it counts here, more than in any other place, so I eat fast and efficiently, so I can get back into my mission. I eat salads to keep myself healthy and so I don't fall into a food-coma.

"I like cooking, but any creative power used to cook or prepare food is creative energy not devoted to the task at hand. So, right now, I don't indulge. I just see food as something to keep me going."

"Any creative power used to cook or prepare food is creative energy not devoted to the task at hand"

"My wife likes that I eat at work because it means she doesn't have to cook. She hates cooking"

Architect Yohan Kim, 28, (on left) makes up for his late weeknights on the weekend

"I sacrifice my weeknights, for sure. I'm an architect and like all professions in this city we work very late, very often. We don't always drink beer, but I like to; I have to enjoy sharing these meals with my colleagues. If I didn't, I'd hate my job. During deadlines, I can be here until 10pm every night for two weeks straight.

"My wife is used to it. She likes that I eat at work because it means she doesn't have to cook. She hates cooking. If I'm home, I cook, or we go out. We don't really order takeaway.

"I grew up in Korea where lunch is more important. Korea is a collective society, so everyone stops work at the same time and eats. Here, dinner is more important, but personally, I couldn't care less what I'm eating – for me, when we go out, it's all about what we're drinking."



"Dinner is a way for me to 're-centre' at the end of a long day. You can get lost in this city"

Furniture salesman Bobby Blue (on left) shares dinner with his partner, Joey Outten

"I painted the walls of this place myself; it was a real dump beforehand. Actually, it's still a bit of a dump, but that's New York; you have to take what you can get.

"Dinner is a way for me to 're-centre' at the end of a long day. I moved to this city right before 9/11. I've been mugged, I've had my house broken into, and twice I've ended up living on friends' couches because I couldn't find a place I wanted to live. Those things really make me appreciate being able to come home, make dinner and find the centre of my little world with my other half. You can get lost in this city, even if you don't mean to. Having some really good food, like the pad thai we were eating on this night, and decompressing in front of a TV show helps you reset." ▷



“Unless you’re in a relationship and live together, you can find yourself eating alone a lot”

Musician Carlos Ledesma, 31, (in check shirt) hosts dinner for his friends every Sunday

“I’m from Argentina where it’s common to make dinner for your friends. The culture there is to always offer your guests food. But in New York, unless you’re in a relationship and live together, you can find yourself eating dinner alone a lot. That’s why this is such a nice event every week. We watch [TV], and I often make dinner for everyone. On this night, I made spaghetti with marinara sauce. It really does feel like a dinner party.”

“Recently, I went home to Argentina and one of my friends there wanted to know why I was eating dinner standing up. He was so confused about it. But in New York, everyone is rushing to go somewhere, all the time, even when you’re eating.”



“This was a nice treat because we don’t usually prepare food together”

IT manager Kimberly Cherubin and her artist husband, Gregory Santos, both 31, rarely cook

“My husband and I both work really long hours. Dinner is normally organised by whoever gets home first – [we] order out. We’re not ‘foodie’ people. This was a nice treat because we don’t usually prepare food together; we cooked the whole pizza from scratch. We try not to watch TV while we eat. It’s not that hard. Dinner is a time to connect for us. Even if we don’t share a meal, we always have a drink together. A bottle of wine or a beer is a nice way to be able to talk about things.”



Actor Seth Rabinowitz, 30, eats most of his meals alone in his apartment

“I have a dinner table, but I’m too lazy to use it – it’s easier to eat in front of the TV. When I bring girls around, I do cook for them, and if they want to sit at the table we’ll do that. I’m an actor, but I also work a retail job, so I like to cook pretty simple meals – the steak in this picture only takes about 12 minutes. It’s a pretty simple bachelor existence. You get used to being alone, it just is what it is. Because I’m in the industry, I’m a big TV junkie, so I eat two or even three meals in front of my TV.” □

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*Consumer study on file.



girl POWER

WHY CHINA IS THE NEW
FEMINIST FRONTIER

Thirty-five years after the introduction of the *one-child policy*, women of marrying age are in short supply in China, leaving them in a position of *unprecedented power*. Bill Powell reports



Zhang Wei, a 29-year-old male resident of Beijing, is at first glance an unlikely exemplar for the power of women in modern China. But hear him out. A junior executive at a state-owned energy company, Zhang has not yet been able to save enough money to afford a decent apartment in Beijing, where prices have pretty much gone straight up since he entered the workforce seven years ago. So Zhang says he saves nearly 30 per cent of his salary every month and is hoping prices decline a bit so he can buy in the next year or two. "I am," he concedes, "a little bit crazed by the idea."

Why would a young professional male be obsessed with buying an apartment in a market a lot of people think is already overpriced? "Because," he says, "I'd like to get married and start a family. My parents are really pressuring me. And if I don't own an apartment, that's really hard."

Cut to a fashionable restaurant in Shanghai, where four women – friends from college, also young professionals – are having a drink after work. They could be cast in the Chinese version of *Sex And The City*; all are single and in their late 20s or early 30s. Tell them the tale of the thrifty Zhang, and they all

smile. "I wouldn't even go out with a guy who didn't own a house, never mind marry him," says Hua Feng, triggering laughter from her friends, who then debate the pros and cons of Zhang, even though they've never met him.

Is the fact he works for a state-owned company a plus or a minus? "It means he's more stable, his company won't go out of business, he'll always have a job," says Hua. "That's good."

"Yes," chimes in Li Junling, an advertising executive, "but he'll never make a lot of money either. Who knows? Maybe he'll never have enough to buy a nice apartment."

But when will these women get married? After all, by traditional Chinese standards, they are running out of time. Aren't their grandchild-desiring parents putting heat on them?

"I feel like when it comes to [marriage], there's no real rush," says Li. "I don't really feel pressure. I think time is on my side actually." Her friends nod in agreement.

Li is right. The reason young, urban women in China these days are putting off marriage – working longer than they might have in the past, and earning more – is because they can. The simple fact is they, not their male counterparts, like poor old Zhang in Beijing, are in the demographic driver's seat ▷

**Young women
are putting
off marriage
– because
they can**



SHOW ME THE MONEY

Women in China are now in the demographic driver's seat, with increasing social and economic clout. Above right: there are now 116 males for every 100 females in China.

in China, and they will be for years to come. For a generation now, the number of boys being born in China has greatly outstripped the number of girls. This gender imbalance reached a peak of 1.22 to 1 in 2008, and is now about 1.16 to 1[†]. By 2020, China's National Population and Family Planning Commission projects that males of marrying age will outnumber females by at least 30 million.

Historically, China has been a patriarchal culture in which the subjugation of women is symbolised most cruelly by the phenomenon of bound feet, a practice that didn't disappear entirely until the early 20th century.

And it remains a male-dominated society today, never mind that ever since the ruling Communist Party came to power in 1949 it has trumpeted a phrase attributed to Mao Zedong: "Women hold up half the sky." Indeed, the demographic imbalance between men and women speaks to just how male-dominated it remains. The combination of

China's one-child policy and the advent of ultrasounds has meant families who preferred a son could get what they wanted, aborting unwanted girls. The gender imbalance is a function of what Dr Lauren Johnston, who studied at Peking University, calls "the familial race to have an heir", greatly intensified by the one-child policy, which has been in effect since 1980.

With that backdrop, the recent progress of women within China is significant. Ever since 1995, when it hosted a high-profile UN conference on women's rights (attended by then US First Lady

Hillary Clinton) the government in Beijing has paid increasing attention to – and made some progress on – core feminist issues: access to jobs and higher education; stricter laws (and enforcement thereof) against domestic violence and sexual harassment; and more equitable divorce laws.

That there is still a long way to go is undeniable. The April arrest of five feminist activists for trying to raise awareness of sexual harassment in the workplace triggered a storm of criticism on Chinese social media – and was an abject embarrassment for a government that this September is scheduled to co-host with the UN a global women's summit. Too much of the all-male leadership at the very top of the Beijing government "have not an iota of an idea about the women's rights movement", says Wang Zheng, a longtime feminist activist in China, and a professor at the University of Michigan.

The demographic reality of modern China, that the number of boys so greatly outnumbers the girls, has far-reaching effects. And one of them – in the social sphere, in the everyday interaction between the sexes – is empowering women. In Chinese cities, evidence of that is pretty much everywhere.

Consider Cai Li (who asked her real name not be used in this article), a 34-year-old marketing executive in Shanghai. She is smart, engaging, hip and attractive. She is also a divorced mother of an eight-year-old girl. When she caught her husband, a Taiwanese businessman, cheating five years ago, she didn't hesitate. "I divorced him as soon as I could," she says. "He was shocked. He thought

"In the marriage market, when a young woman says jump, the young man best ask, 'How high?'"

Shang-Jin Wei, chief economist at the Asian Development Bank



I wasn't serious, that I wouldn't do it because of our daughter. I said, 'You'll see.' And within a week I had filed the papers [for divorce]. And why wouldn't I? Why should I put up with that? I have parents here in Shanghai who help take care of my daughter. I had a good job. Plus, if I want to get remarried, it's not as if there's a shortage of men, even at my age, who would be interested. [My ex] was crazy to think I was going to stick around."

The only problem for Cai was that her parents sided with her ex. "They had a typical Chinese reaction. They said, 'Oh, come on, he probably won't do it again. It's not that big a deal anyway,'" she says. "It was a generational attitude. When they were young, people put up with it, I guess. But I was really angry. I put my foot down. Things are different now."

Indeed, even government officials acknowledge that the demographic chasm in China is playing a role in the steadily increasing rate of divorce – a trend especially evident in big cities such as Shanghai. Nationwide, the divorce rate rose from just over one per cent of couples in 2003 to nearly three per cent in 2013. Though that is still very low by international standards, the divorce rate in urban areas, where women are far likelier to be able to support themselves, is much higher. Recent research suggests divorce rates in Beijing and Shanghai are now more than 30 per cent.

Young Chinese women are also playing harder to get in the marriage market. Li Junling and her three single friends in Shanghai are not outliers. Chinese women are getting married later and later. In Shanghai last year, for the first time ever, the average age for women to get married was over 30.

While that data would seem mainly to be a problem for 20- and 30-somethings (like Zhang), government officials know the demographic imbalance has "serious and far-reaching consequences", as Beijing's National Population and Family Planning Commission minister, Li Bin, put it last year. Researchers and law enforcement agencies believe the gender imbalance has led to increases in sex-trafficking and prostitution. It, for example,

encouraged the illicit business of forcing women refugees from North Korea into arranged marriages to older, single peasant men in north-eastern China.

Some prominent researchers have begun to wonder whether the gender imbalance, and the effect it has on the marriage market in China, has a bearing on some of the country's more pressing economic issues.

They wonder if the behaviour of a man like Zhang – desperately saving all he can so he can buy an apartment and thus impress a prospective bride – might have something to do with China's stubbornly high household savings rate.

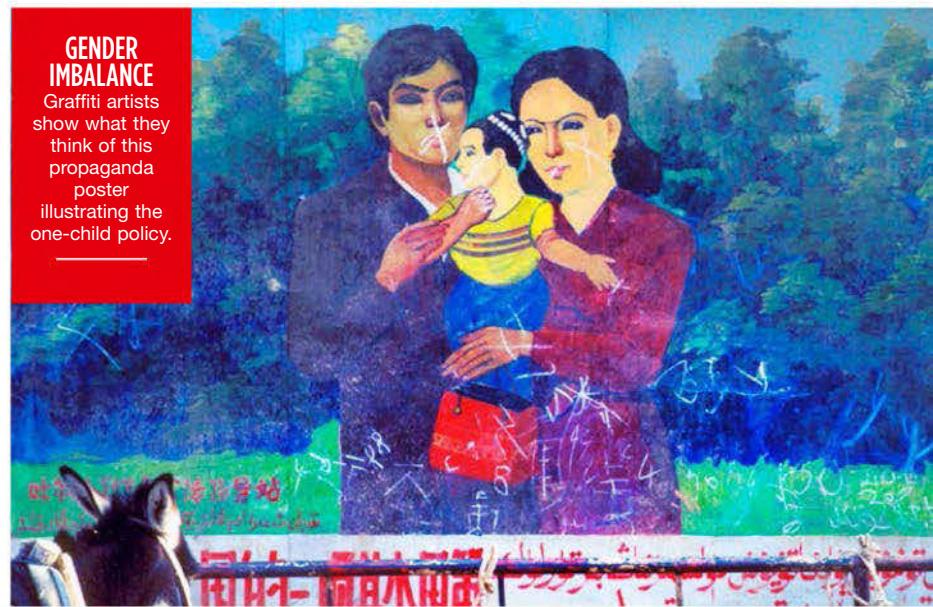
That the pursuit of marriage-aged women is so intense that it might move the needle on nationwide savings rates speaks to the power of the demographic imbalance. And it also speaks to the increasing personal power that lies in the hands of unmarried women. "In the marriage market", as Shang-Jin Wei, the chief economist at the Asian Development Bank, calls it, "when a young woman says jump, the young man best ask, 'How high?'"

There's tremendous irony in that. China's gender imbalance is a moral scandal, a fact implicitly accepted by the Family Planning Commission, which has set a goal of reducing it by the end of this year. That young women increasingly call the shots when it comes to love and marriage (and divorce) is one of the by-products of the imbalance. Guys like Zhang Wei may not like it, but they'd better get used to it. □

FACT

By 2020, males of marrying age in China will outnumber females by at least 30 million*

GENDER IMBALANCE
Graffiti artists show what they think of this propaganda poster illustrating the one-child policy.



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With luxury modelling campaigns, **14 million Instagram followers** and her very own posse of It girls, why is Cara Delevingne so set on acting? Turns out, she's ***seriously talented***.

By Elaine Lipworth

Cara Delevingne is attacking a large slice of blueberry cheesecake with relish. "This is so fucking good," she sighs, savouring the experience. "I shouldn't actually be having it, I'm not allowed," she whispers conspiratorially, raising those trademark eyebrows. After "a late night out with friends" (including a couple of Kardashians), Delevingne is clearly in need of an energy boost. "I'm a little tired. I flew into LA last night and I'm leaving very early tomorrow morning." She stifles a yawn and smiles cheerfully. Between modelling assignments, auditions, film shoots, premieres and ... well, fun, apparently there isn't much time for sleep.

But the 22-year-old British model, It girl and actress seems remarkably fresh, dressed in a Roland Mouret striped jumper, navy miniskirt and ankle boots. Her face is as mobile as her body. She is constantly on the move, tapping her feet, crossing and uncrossing her long legs. At one point, she removes a heavy silver ring from her finger (it makes eating difficult) and hurls it in the direction of the king-size bed in the middle of the room. It accidentally whacks her unsuspecting publicist. "I am SO sorry, I am not Naomi Campbell!" she laughs.

Making an impressive transition from the catwalk to the big screen, Delevingne appeared in *Anna Karenina* (2012) and in last year's ▷

The Face Of An Angel, directed by Michael Winterbottom who compared her to Julie Christie. This month, she plays the female lead in *Paper Towns*, adapted from the John Green bestseller. The story focuses on Quentin (played by Nat Wolff), a young man who has been smitten with his enigmatic next-door neighbour, Margo, since they were children. Delevingne beat out dozens of actresses to land the part of Margo.

"I was by myself in a hotel when I heard I'd got the role. I ran around the room throwing things up in the air and screaming into pillows. They got a complaint and someone called to check I was OK." The news, she says, came as a total shock. "I was sure I wouldn't get it. I doubt myself constantly, and I was worried if I did get it, I wouldn't be able to do it well enough." She pauses. "I don't like to expect anything out of life because then I'm never disappointed."

While grateful that modelling paved the way for acting, she says the job has never been fulfilling. "It wasn't something I was doing for my soul. It didn't make my heart beat or build a fire inside me. It was a game to me in a weird way. I wanted to prove that I could do it." Still, there is no escaping Delevingne's influence – after making debut at age 10, campaigns for Burberry, Chanel, YSL Beauté and TAG Heuer propelled her to supermodel status. Then there are those eyebrows: "They're massive, they take up most of my face," she traces them with her long fingers. "I hated them when I was younger because I used to get teased. But they remind me of my grandmother, who died recently."

Family looms large in Delevingne lore, and she is just the latest member of the privileged clan to hit the headlines. Her mother, Pandora, was a well-known socialite and personal shopper who battled heroin addiction; her father, Charles, made millions as a property developer; and her elder sister, Poppy, is also a model. Meanwhile, Delevingne's godmother is Joan Collins, and her aristocratic maternal grandmother was a lady-in-waiting to Princess Margaret.

While today her face is instantly recognisable, Delevingne is determined



INSTAGRAM GODDESS

Cara Delevingne keeps followers up to date with her Insta-glamorous life: 1 Sporting serious (but temporary) ink with Rihanna at the Met Gala. 2 Photobombing a Kardashian love-in at Paris Fashion Week.



to disappear into the roles she takes on. "I put my blood, sweat and tears into acting, I dedicate my life to it. I'd die for it," she declares. It is a typically dramatic statement from Delevingne, who says exactly what's on her mind. "I grew up in England where everyone's very polite and if something's bothering you, you just keep it in. I'm all about being open. I am who I am and if people don't like me ... they don't like me."

In fact, she is entirely likeable, and intriguingly seems both young and old at the same time. With the full-on enthusiasm of a teenager, Delevingne is also surprisingly reflective. One minute discussing literature ("I just read a book about [German poet and novelist] Hermann Hesse, and a collection of short stories by [American author] Lydia Davis"); in the next breath sharing her views on women's issues. "There should be more women directors. I hope that when Hillary Clinton becomes president" (note there is no "if"), "there will be better opportunities for women."

Adept at multi-tasking, as she chats and eats, she is autographing a tower of *Paper Towns* books for promotional purposes. The plot explores how easy it

is to get romantically fixated on people and idealise them, without knowing who they really are. "Quentin thinks Margo is perfect, he has this fantasy idea of her, but you can't judge a book by its cover. But we all do it," concedes Delevingne. Does she identify with Margo? "She's extremely opinionated and fearless. I'm pretty goddamn fearless. I don't like to think about things, I just do them. And people like to project their ideas of who they think Margo is onto her, which people do to me a lot, but the difference is I'm a public figure and she's just a girl in high school."

So how does Delevingne – who, aside from her own fame, has been romantically linked with celebrities from One Direction idol Harry Styles to actress Michelle Rodriguez and musician St. Vincent – cope with the attention she attracts? "I don't think there's a way of handling fame. It is the weirdest thing but the fans see what they want to see, probably about 20 per cent of who I am." The biggest drawback is, she says, "People think I'm a certain way so they may not think of me for a role." She's not complaining, though: "I love it when people make assumptions of me because I love proving people wrong. It's my favourite thing to do in the whole world."

She certainly defies all assumptions in *Paper Towns*. For a start, the American accent is spot-on. Delevingne's magnetism as the mysterious Margo is undisputable, too. She says her favourite scene is when Margo enlists Quentin's support for a wild night of revenge on her cheating boyfriend, which sees them shaving off someone's eyebrows and covering a car in cling wrap. "I was a gremlin," she says of her days at exclusive UK boarding school Bedales. "I was the leader of



ROLE MODEL

In *Paper Towns* (above), Delevingne co-stars with Nat Wolff in the big-screen adaptation of young-adult hitmaker John Green's novel.

inside CARA'S WORLD



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4



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8



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8



the pranksters. I used to draw on peoples' faces when they were asleep with a henna pen, which didn't come off for weeks."

Frequently in trouble, Delevingne was bright, but refused to toe the line. Acting was an early ambition, along with music (she is a drummer and guitarist). "When I was 13 I asked my parents for an agent for my birthday. I wanted to have a Disney talent show. I came very close to doing *Alice In Wonderland* when I was 16," reveals Delevingne, who sent the film's director, Tim Burton, an audition tape. She lost out to Australian star Mia Wasikowska, "but that experience lit a fire in me".

Her parents, she says, didn't encourage her ambitions. "I think they really wanted me to finish school and to go to university, but they both left school at 16, so I was like, 'Screw you guys, I can do whatever I want!'" That rebellious streak, combined with her independent spirit, shaped Delevingne's approach to life. A committed feminist ("I want to be a strong role model"), she talks about the time she discovered the sexes weren't equal:

"Young boys seemed so sure they were better than girls, and I remember girls being brought down by that. I have a lot of friends who really believed that men were

better than women and that just didn't make any sense to me."

Have things improved? "Only a handful of women make it past a certain age in the acting world; I think it's so sad because men can do it forever. But there are definitely more strong female roles," she says. This year, Delevingne plays a

"When I was 13 I asked my parents for an agent for my birthday. I wanted to have a Disney talent show"

mermaid in *Pan* with Hugh Jackman, and stars in the comic-book blockbuster *Suicide Squad* with Will Smith, Ben Affleck and Margot Robbie in 2016. "Margot's absolutely amazing," says Delevingne, who plays Enchantress, but refuses to give away any plot details. Other films include *London Fields* with

3 Prepping for the MTV Movie Awards last April.

4 (From left) Ellie Goulding, Delevingne, Taylor Swift and Karlie Kloss at the 2015 Brit Awards. 5 With Kendall Jenner, both looking lovely for the Karl Lagerfeld A/W 2015/16 show. 6 Getting her rock geek on at the Gibson New York showroom. 7 In a reflective mood. 8 Sharing the spotlight with idol Kate Moss for Burberry in 2014.

Left: striking a familiar pose for a fan selfie. Right: She now juggles her careers, recently representing Burberry in LA (near right) and attending the Cannes Film Festival (far right).

Johnny Depp, and director Luc Besson's much-anticipated sci-fi epic, *Valerian And The City Of A Thousand Planets*.

It's not surprising she is tired. How does she relax? "Relax? I haven't had a day off for ages and when I'm not working, I'm thinking about working." Close friends, she says, ensure she remains grounded. "They are not scared to tell me when I'm being an asshole.

But, you know, I always remember every single day how lucky I am, and how important it is to keep having fun. Am I having fun now? Oh my God, too much," she grins. And with that the captivating Cara Delevingne signs another book and is off, on to her next adventure.

Paper Towns is in cinemas on July 16.



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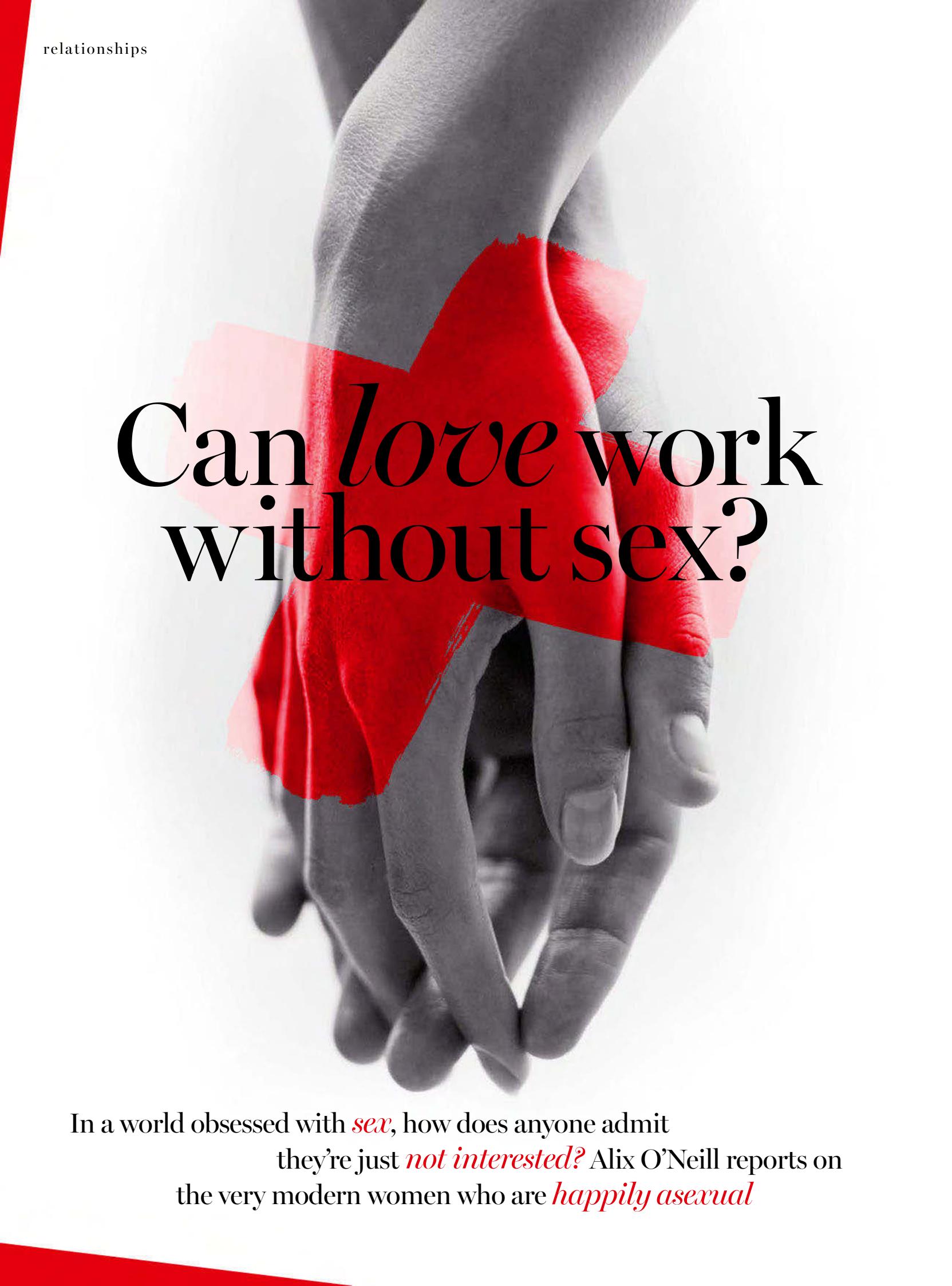


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Can *love* work without *sex*?

In a world obsessed with *sex*, how does anyone admit they're just *not interested*? Alix O'Neill reports on the very modern women who are *happily asexual*

Iwant to tell you something ..." My friend Kate* paused to polish off the remnants of her sauvignon blanc. "I'm asexual." It was unnerving seeing her so visibly uncomfortable, this 28-year-old, quietly self-assured woman I'd met through work years previously, unapologetically resolute in her opinions. She went on to tell me that the hot Italian guy she'd recently been dating had been an experiment of sorts, her chance to confirm once and for all that she didn't feel sexual attraction. Not towards him, not towards anyone.

"The most common misconception is that I simply have a low libido," explained Kate. "I just don't have a libido at all. It's not that I find sex repulsive, I've just never enjoyed it and I find it boring and repetitive." Research suggests Kate is in the one per cent of the global population who is asexual. That's 70 million people who have no interest in the physical aspect of relationships, yet asexuality is still largely misunderstood.

"Broadly speaking, asexuality applies to anyone who has an enduring lack of sexual attraction towards others," says sexologist Anthony Bogaert, a professor at Brock University in Ontario, Canada, and author of *Understanding Asexuality*. "Some may have a level of sexual interest that's not connected to other people, so they may still masturbate. Others simply don't have any sexual inclinations whatsoever."

Professor Bogaert considers asexuality a matter of sexual orientation. "If people have inclinations towards the opposite sex, they're heterosexual; if they're attracted to the same sex, they're homosexual; and if they've inclinations towards both, they're bisexual. Asexuality, then, is the missing fourth quadrant: those who lack inclinations to both sexes."

There are different types of asexuals or "aces", with some being heteroromantic (romantically attracted to the opposite sex); homoromantic (to the same sex); biromantic (to both sexes);

panromantic (to both sexes and transsexuals); or aromantic (experiencing little or no romantic attraction to anyone).

For Kate, a PR executive with elfin good looks and a weakness for '50s dresses, art galleries and margaritas, there is no objection to someone potentially sharing her life, just not her bed. Imagine a Match.com profile with the disclaimer "No sex required" and you'll get an idea of how tough dating as an asexual can be.

Kate blames a lack of proper sex education at school for her struggle to come to terms with her asexuality. "I think it would have saved me years of confusion. I knew I wasn't attracted to women, so I thought I must be attracted to men. There never seemed to be another option."

It was when she stumbled across an article about the Asexual Visibility and Education Network (AVEN) – the world's largest online asexual community – that she realised she wasn't alone. The site was set up in the US in 2001 by David Jay to share his experiences and to create

a public dialogue on asexuality. It now has a global membership of more than 80,000, and Jay has been working with other activists to promote a greater understanding and acceptance of asexuality as a sexual orientation.

Fourteen years on, there are a number of asexual social networks, including AceBook, Asexualtic, Asexual Pals and Platonic Partners, which boasts 6000 members aged 18 to 80. Log on and the vibe is refreshingly relaxed. Strip away the sexual innuendo and it somehow feels more real than other dating sites. Profiles are to the point: "I'm looking for a partner for life and adventure", and Platonic Partners attempts to facilitate these goals through events such as supper clubs and movie nights.

More often than not, though, asexuals are more likely to end up meeting and dating non-asexuals because most people don't feel comfortable in declaring their proclivity or sexuality upfront. That is the case with 23-year-old student Jenni Goodchild. "My mum doesn't understand how I can be asexual and also in a relationship, but my boyfriend has a low libido, so not having sex isn't an issue," she says.

Goodchild believes a lack of understanding about asexuality leads to the poor treatment of many asexual women. "I know plenty of asexuals who have had their hormones checked because there's this idea that not being interested in sex is something that needs to be fixed."

"Five or six years ago, many in the medical profession considered asexuality a sexual disorder, much like erectile dysfunction, or even a reaction to childhood sexual abuse, neither of which are the case," adds Professor Bogaert.

"Yet a number of studies suggest there is a biological predisposition towards asexuality. One indicates that asexual people have a ten-

dency towards left-handedness that is similar to other sexual minorities. Handedness is determined before birth and is an important marker of prenatal development. So prenatal factors seem to affect asexual people in a similar way to how they affect other sexual orientations."

Although they don't have sex, Goodchild and her boyfriend occasionally engage in foreplay. "I get pleasure from keeping him happy, but it's not the same kind of pleasure he experiences. We're experimenting with a few options, such as sex outside of the relationship, if he feels the need, but it's an ongoing thing that we constantly renegotiate."

Though Goodchild initially worried about how her asexuality would affect ▷

"The most common misconception [about asexuality] is that I simply have a *low libido*"

– Kate*, 28

her relationships, her lack of sexual desire was never an issue for her and she hopes that speaking openly about her experiences will encourage other women to come out.

"Through my awareness work, I get emails from teenagers saying they are relieved to know there are other people like them. Being a teenager is tricky enough, and having confirmation that you're not 'broken', just different, is incredibly helpful."

Heteroromantic Lisa Smith, a 31-year-old author of young adult fiction, has encountered similar prejudice. "The biggest problem I've had is via [mainstream] dating sites. A lot of men don't believe asexuality exists and I get no end of messages calling me 'frigid' or saying I just 'haven't met the right man yet'. Some of the emails are incredibly vicious. I had one that said, 'You have a face like a bag of smashed crabs, so it's no loss.'"

When Smith told her parents two years ago that she was asexual, they suggested she seek the advice of a psychosexual therapist. "She told me, 'If you hate sex and you're OK with that, then you don't have a problem. It's only an issue if you want to enjoy sex, but don't.' She was pivotal in me getting past this feeling I've had since I was 15 that I was somehow damaged."

Smith has had three relationships, but admits to taking no pleasure in her sexual encounters. Finding intercourse painful, she visited her GP for tests to rule out a physical disorder. Like Kate, Smith attributes poor sex education for creating a culture of fear around sex. "STIs, pregnancy, UTIs: all we were taught were the horror stories, so I always ensured protection was used and that I was on the pill, but the whole thing felt like such a hassle that I got no benefit from – just repulsion and soreness. My most recent relationship was

the last straw, really. He was perfect and I was attracted to him, but I still found sex incredibly embarrassing and stressful. I never told him because I thought he'd take it as a personal insult."

Having tried dating via AceBook and Platonic Partners, Smith hopes to soon see the emergence of asexual bars and clubs, admitting she would love a relationship. "I want companionship, a hand to hold, a shoulder to cry on, someone to celebrate the good things with ... everything apart from the sex. I sup-

pose I understand why people struggle with this concept. All creatures supposedly exist to continue the species, but I don't want sex or children. I'm essentially a biological dead end."

In a society saturated by sex, Smith, like Goodchild, finds it difficult to engage with modern culture, and admits to being drawn to movies such as *The Hunger Games*, and music aimed at a younger age group to avoid any sexual references. "I'm sure some people find the likes of Nicki Minaj in 'Anaconda' sexually liberating, but I think it's just sad. These artists should be selling their music, not making soft porn."

Does this hypersexualisation of society make asexuality appear more of an anomaly than it actually is? Activists such as AVEN's David Jay and prolific asexual campaigner Julie Sondra Decker, author of *The Invisible Orientation*, think so.

"Asexuals are told all the time that they've a hormonal or psychological disorder," says the 36-year-old native from Tampa, Florida. "But you aren't diagnosed as asexual any more than you're diagnosed as straight. There's also an assumption that asexuality is just another word for abstinence."

Describing herself as aromantic, Sondra Decker was 15 when she first realised she was asexual. "There was no

asexual community at the time, but I knew sex was interesting to everyone else but me. When AVEN was established in the early 2000s, I began using the term asexual instead to connect myself to a community."

Coming out and being more vocal is clearly only the first step. Finding a partner who will accept your asexuality can prove challenging. As Sondra Decker explains, "Every partnership is different. Even among sexual couples, there's usually a difference of desire, and some asexuals can be OK with having sex, even if they don't have any desire to. Other relationships that include an asexual person have special arrangements in which there are other forms of intimacy, or they may choose to have a non-monogamous relationship."

In short, it's complicated. But what relationship isn't? □

"I want companionship, a hand to hold, a shoulder to cry on ... everything apart from the sex"

– Lisa Smith, 31

NO SEX PLEASE! Dating and social networks for "aces" of all persuasion

Asexual Visibility and Education Network (AVEN) The world's largest online asexual community. asexuality.org

AceBook A dating and social networking site for "aces". Currently has almost 23,000 members. ace-book.net

Asexualitic A site to where you can search and meet other asexuals, or build platonic relationships. asexualitic.com

Asexual Pals A matchmaker website that charges \$10 a month to bring like-minded "aces" together. asexualpals.com

Platonic Partners (UK) For approx \$15 a month, members can attend asexual events and courses. platonicpartners.org

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JET READY

Karl Lagerfeld, his godson, Hudson, and Brad Kroenig – Lagerfeld muse and father of Hudson – pose for a portrait at an airport in the south of France.



– *Inside the jetset life* – OF KARL LAGERFELD'S MODEL MUSE

Brad Kroenig not only stars on the *Chanel* catwalk, but is a mainstay of the designer's *ultra-glam* "family". Now, his son *Hudson* is along for the ride. By Irina Aleksander

One Sunday last year, Brad Kroenig and his five-year-old son, Hudson, showed up at a private airport near Paris to meet Karl Lagerfeld. "Karl will be here at 1, 1.30pm for take-off," announced a Frenchman in a black suit and tie. "OK, cool," said Brad. It was 12.45pm. He pointed out a large hawk of a plane that stood off to the side of the slighter, dove-like jets. "It's the same one that Oprah has," explained Brad. "It's the biggest one. It flies, like, the longest journey. A lot of private planes have to stop for gas."

Brad knows what kind of plane Lagerfeld travels on because he has flown on it often. As the most senior and prominent member of a group of male models often referred to as "Karl's Boys", Brad not only works for Chanel and Fendi, the fashion houses where Lagerfeld is head

designer, but also accompanies him on yearly holidays to St Tropez, work trips, and to parties worldwide. He has been photographed with Lagerfeld so often that gossip blogs have mistakenly identified him as the designer's boyfriend, but their relationship is not romantic. Lagerfeld refers to Brad and the other models that travel with him as his family, albeit a self-selected, genetically ideal one. "I hate ugly people," Lagerfeld told me. "Very depressing."

At the airport, Hudson snapped photos on an iPhone, while his father modelled for him. An hour went by.

Around 2.30pm, Lagerfeld appeared at the top of the stairs leading to the airport lounge. "Hello!" he said. He glanced at the field of small planes and frowned. "And where is ours?" Brad pointed to the larger jet parked just out of view. "Ah, the big one," said Lagerfeld. "Good."

Lagerfeld was expected that evening in Dubai, where he would show Chanel's resort 2015 collection in two days. ▶

Typically Brad would model in the show, but in Dubai, only Hudson, who is Lagerfeld's godson, would walk the runway. (He has been appearing in Chanel shows since he was two.)

Lagerfeld led the way to the plane. Inside, a wine glass of Diet Coke awaited him at his seat. At the back of the aircraft was a single bed made up with crisp white linens.

"But where am I going to sleep?" asked Hudson.

"You sleep on your seat, darling," said Lagerfeld. "I have to arrive fresh, you don't have to. Don't be selfish."

For the plane ride, Brad wore jeans and a blazer by Christian Dior and white Nike high-top sneakers. A rose-gold Rolex glimmered on one wrist, and on the other he wore a diamond bracelet by Chrome Hearts, Lagerfeld's favourite jewellery brand. "Karl is really generous," Brad told me. "He likes his friends to look chic."

After lunch – caviar and salmon tartare for Lagerfeld; caviar, foie gras and scallops for Brad; couscous and vegetables for Hudson – Lagerfeld fell asleep not in his bed, but upright in his seat, Dracula-like.

While Gisele Bündchen's yearly income is estimated at around \$50 million, male models of Brad's standing earn around \$200,000 to \$500,000. That he continues to work well into his 30s is due in no small part to having Karl Lagerfeld as his champion.

Brad, 36, was raised in Oakville, Missouri, a middle-class suburb south of St Louis. The middle of three children, Brad grew up playing sports and attended Florida International University on a soccer scholarship. A girl he knew on the volleyball team made some money modelling, and she suggested Brad try it. An agent at Next took him on, but warned, "Whatever you do,



Brad works out at his New Jersey home, watched on by his youngest son, Jameson.

do not quit school." Brad dropped out that same afternoon. He then borrowed money from his parents and began studying fashion magazines. "That's when I learnt about Karl," he said. "I thought, 'Wow, this guy is, like, walking around in sunglasses and all these ridiculous outfits. This guy is living big.'"

Soon, Brad caught the attention of photographer Bruce Weber, who cast him in one of his racy Abercrombie &

Fitch campaigns. In 2001, Brad moved to New York and showed up at the Ford agency, where the founder, Eileen Ford, saw him from across the room and said, "Oh, my gosh, he looks like Errol Flynn," according to Sam Doerfler, who became Brad's agent. He walked out with a three-year contract.

Doerfler said he thought that Brad had the kind of clean-cut athleticism that would appeal to more commercial clients, but Brad wanted to do high fashion; he wanted to work with Lagerfeld. To give Brad a more distinct look that might attract European designers, Doerfler had Brad spend a year growing his hair long and transforming his muscular physique into a more lanky one.

By 2003, Brad debuted on the runways in Milan and quickly landed

the cover of *L'Uomo Vogue*, a coup for a male model. That same year, *VMAN* magazine flew Brad, then 23, along with two other male models to Biarritz in France for a shoot for which Lagerfeld would be the photographer. The designer suggested they shoot in the outdoor shower. The resulting image shows Brad fully nude, his right hand covered in tangles of chunky jewelry and grabbing his genitals.

After Biarritz, Lagerfeld photographed Brad constantly: Brad walking, sleeping, eating, shaving, swimming and working out; Brad nude or semi-nude in showers and bathtubs, on beds and on balconies. He dressed him up like his own Ken doll, shooting him as the Greek god Zeus, James Dean and Jay Gatsby. Lagerfeld compiled the photos in *Metamorphoses Of An American*, a four-volume book devoted entirely to Brad.

Brad soon became known as Lagerfeld's "muse" and began to appear in Fendi and Chanel ads almost every season. In the past decade, he has been shot by Mario Testino, Patrick Demarchelier, Craig McDean and, months before his death, Richard Avedon. In 2004, Brad was named the top male model by Models.com and held the title for three years.





Clockwise from far left: Brad and Hudson at a 2012 opening party for a Lagerfeld exhibition; Hudson hams it up with model Cara Delevingne in Austria last year; the Chanel designer and his subject, Brad, at Lagerfeld's 2006 photo exhibition, "One Man Shown"; Brad and Hudson walk the runway for Chanel's S/S 2011 show in matching ensembles.

Since Brad's arrival, Lagerfeld's entourage has grown to include British model Jake Davies, 34, and Baptiste Giabiconi, a 25 year old from the south of France. Together, they've become a part of the designer's provocative image, trailing him as he exits cars and boats and planes. "I see them like family," said Lagerfeld. "I have no family at all, so it's good to have, like, sons, but without the unpleasant problems sons can create."

Everybody survived?" asked Lagerfeld as the plane touched down in Dubai around midnight. When the group arrived at the hotel a kind of welcoming committee was gathered outside, including Chanel employees and Lagerfeld's butler, Frédéric, who stood in a white coat and tie holding a tray with a chilled glass of Diet Coke. (Once, Brad and Lagerfeld travelled to the Great Wall of China and found Frédéric, who always arrives at

destinations ahead of his employer, waiting at the top of the stairs.)

The next day, Brad and Hudson spent the morning by the pool and met Lagerfeld for lunch. As the designer took the head of the table, others moved down so that Brad and Hudson could sit on his left. Lagerfeld had been toting around a small Polaroid printer and gave an identical one to Hudson. During the lunch, he occasionally shifted away from business colleagues to exchange Polaroids with Hudson. Lagerfeld printed a photo of his pet Siamese cat, Choupette. Hudson printed a selfie.

"I hate selfies," said Lagerfeld. "Don't use your film for ugly purpose."

When Brad is not travelling with Lagerfeld, he can be found in Wyckoff, New Jersey, a wealthy enclave, perhaps best known as home to *The Real Housewives Of New Jersey*. A week before he left for Dubai, I visited Brad at his house, which sits along a leafy cul-de-sac.

Brad and his wife, Nicole, 32, were in the kitchen with the couple's younger son, Jameson (whose middle name is Karl).

The couple's home is so neat and sparsely decorated that it could pass for a model home. And yet there are conspicuous signs of Lagerfeld's looming presence in the family's life. In the living room hangs a framed contact sheet of father and son, shot by Lagerfeld and signed, "It's a funny page, love Karl". In the basement, a storage room contains racks of clothing, including a series of navy and white suits he described as "my St Tropez looks". A fax machine sits in the corner – until a few years ago, Lagerfeld communicated with friends only by fax – and on the shelves nearby, several Goyard trunks are filled with years' worth of Brad's correspondence with Lagerfeld. Now that Lagerfeld has embraced the iPhone, he and Brad speak on Sundays and exchange texts. "We'll text him photos of the kids, he'll text us photos of Choupette," Nicole told me.

When Brad is home, he leads the life of a stay-at-home dad. He shuttles the boys to school, hosts barbecues and cleans the pool incessantly. Every morning, he performs a gruelling workout routine designed to keep him thin, but not too bulky, so that he can continue to fit into designers' unforgiving sample sizes. He generally avoids activities that could damage his appearance. When he runs at the nearby high-school track, he keeps his distance from the lacrosse team, anxious that they might hurl balls in the direction of his face. He played in the town's softball league, but quit after he hurt his leg, deciding it wasn't worth the risk. (Some of the other fathers on the team nicknamed him Zoolander.)

In the afternoons, Brad oversees his son's after-school activities. For a while, he helped coach Hudson's Little League team, but later decided that was too hazardous, too.

The fitting for the Dubai collection took place in two large rooms off the hotel lobby. When Brad and Hudson arrived early evening, Hudson was cooed over by models waiting to be dressed. ▷

fashion profile



Clockwise from far left: mini muse ... Hudson, now aged six, walks the Chanel resort 2016 runway with Lagerfeld in May; he dons \$1.5 million worth of diamonds on the catwalk in Dubai; and stars in the brand's cruise campaign with fellow model Joan Smalls last year.

Lagerfeld presided at a table at the far end of the room. When Hudson was sent out in a long white tunic and pointed Aladdin-like shoes, Lagerfeld leapt out of his seat.

"Ah, our little prince!" said Lagerfeld. "But I think he needs much more diamonds." The designer arranged layers of jewels around his neck, then took a step back to evaluate.

Brad, who was observing from the sidelines, beamed. Hudson tugged at the necklaces.

"This is heavy," he said.

"You look so chic, though," said Brad.

Hudson was born in 2008 and, in 2009, Lagerfeld became Hudson's godfather, and soon afterwards, father and son appeared on the Chanel spring/summer 2011 runway, walking hand in hand in matching tweed blazers.

Lagerfeld has become enamored with Hudson, giving him gifts (books, clothes, pint-size Fendi purses), and shooting him almost as much as he does his adult muses.

Brad has walked in every resort show for the past 10 years, but this time in Dubai he came as Hudson's chaperone. Lagerfeld told me: "I work with him, but a little less, because I've worked so much with him before. You cannot photograph the same person for 200 years."

Brad will be able to work for years to come, but Sam Doerfler, Brad's agent, said: "There's a point it's over. It's not like you're fired, but it's just that no-one wants to shoot you anymore. That point, it happens to everybody."

Brad's determination to compete with the teenage boys who stalk the runway can sometimes feel as demoralising as that of a wife trying to maintain the attention of a husband who has a

"Ah, our little prince!" said Lagerfeld. "But he needs much more diamonds"

Lagerfeld, the designer instead alluded to the inevitability of his own decline: "I would think if he is much older, I may not see that?"

The day of the show was hot and arid, with an unrelenting desert sun blazing in a cloudless sky. Brad was in his hotel room worried as Hudson hadn't napped.

"I don't want to put on shoes," said Hudson.

The show was set to begin at dusk on a man-made island owned by the country's hereditary prince, Sheikh Hamdan bin Mohammed. The other guests would be transported to the site on rickety wooden boats, but Lagerfeld and his entourage would arrive in an immaculate white speedboat. As we approached the island, an imposing gold-and-glass structure came into view, its walls a grid of interlocked double Cs, representing the Chanel logo. The company had spent two months and \$2.5 million erecting the structure on what was previously an empty strip of sand. After the show, it would evaporate as quickly as it went up.

The show lasted about 20 minutes. Brad watched backstage with Lagerfeld, while out front Dakota Fanning, Tilda Swinton and assorted Middle Eastern royalty arranged themselves along sunken banquets. Hudson led the grand finale. Carine Roitfeld, the French fashion editor, inquired about the cost of the jewels around Hudson's neck and, after investigating, returned with the answer: "\$1.5 million."

Back at the docks, Brad boarded a boat with twin Palestinian socialites, who recognised Hudson from the show. "Oh, my God, we're so lucky to be sitting next to you!" one said.

At the marina, Brad and Hudson got into Lagerfeld's chauffeured Mercedes van. As Hudson began playing video games, Brad sank back into the seat. "So that's my life," he summed up. "In New Jersey, taking kids to practice and talking to these mums, trying to flirt with me too, like, this extreme life ... I'm not saying this is my normal life, but it kind of is now. It's like living in a dream, and then in two days, I'll wake up in New Jersey, in my bed, like it never happened."

The car pulled up to the hotel, and Brad proceeded to the lobby bar, which was empty except for a few hotel guests. He sat down at a low table and ordered a vodka soda. "I always said, 'If it's over, it's over,'" he said. "If modelling is over, it's still the best experience of my life. If it stops tomorrow, I'll be friends with Karl forever." □

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10 YEARS IN THE MAKING

ALL HAIL Queen Camilla

She took a *simple summer staple* and with her bold designs and ambitious vision, *elevated it to cult status* on a global scale. But her ascension to the top as one of Australia's biggest fashion success stories *has come at a price*. By Rachelle Unreich

For those who think that Australia's fastest-growing designer Camilla Franks – she of the luxe boho clothing and exotic prints – spends all her time sipping herbal tea between bites of kale fritters and meditation, think again. Franks, like her prints and her personality, lives life loud.

And, as a result, extraordinary and unusual things happen to Franks. Take these three anecdotes as evidence of her spirited vibe. In 2010, superstar Beyoncé dropped into her flagship Sydney store and was quickly comfortable enough to ask Franks to model her dresses for her. "Within five minutes of meeting, I was butt naked in front of her! Forty pieces

later, I took her ring off and tried it on, the one that Jay Z bought for her." Did she mind? "I don't think so. She invited me around for drinks that night." Similarly, Kate Middleton wasn't at all floored when Franks broke royal protocol and grabbed her hand at an Australian reception for designers. ("I remember being told, 'You can't touch royalty,' but I forgot about that brief within two seconds and said, 'Oh, hi beautiful!'")

Even on the day we meet, Franks spends time sitting with a client in the courtyard of her Melbourne Hawksburn store, both in tears. The client confesses she had been battling cancer and said Franks's designs had impacted on her in ways she could not fathom. "I discovered Camilla when I needed it, and it made ▷



PHOTOGRAPHED BY PETER BREW BROWN, STYLED BY JANE BROOKLYN,
HAIR BY JULIANNE NEW GUIGAN AT DIA, MAKE UP BY JONI SMITH AT THE ARTIST GROUP

me happy to open my wardrobe every day and look at it," she tells the visibly moved designer.

Franks is all about getting real. Almost a decade ago she was a theatre actress with a yen for making her own costumes, but this current incarnation – at age 39, and celebrating her label's 10th anniversary – is her best look ever. "I'm happy," she says, bopping around in her store. Emerging from the dressing room in just a Camilla bra top and a flowy skirt, tanned limbs akimbo, she jokes, "OK, am I ready to go out like this?"

It's the kind of humour that's been earned from dodging life's curve balls: one borne less from frivolity and more from the desire to keep a smile on one's face, no matter what. The past 18 months have been especially testing – at the end of 2013, while at her workshop in India, she suddenly felt her face completely drop, virtually mid-sentence. Within minutes, she was being rushed to hospital to be diagnosed with Bell's palsy, a condition that caused part of her face to be paralysed for many months. It was a turning-point event that brought everything into question.

Until then, Franks had been riding a career wave. After launching modestly in 2005 with beaded, embellished kaftans, Camilla is now an empire. There are 12 Camilla stores around Australia, 350 stockists overseas, swimwear, men's, kids', home and accessories ranges, and legions of famous fans, including the aforementioned Beyoncé (whose Instagram account is peppered with Cambodian holiday photos of herself donning Camilla kaftans), Olivia Palermo and Kate Hudson. Not to mention *that* Oprah moment, which put her designs on the international stage.

But it came at a price. "I was defining myself with my business. There was no balance in my life," says Franks, who has since stopped working weekends and includes yoga and meditation in her daily routine. Until Bell's palsy hit, she



deftly ignored the warning signs. "I look back and think, my body's been saying it for years. I've had glandular fever every year. I was shaking more. But it took a big, old slap from the universe to stop me."

Franks feels the onset of Bell's palsy was heavily linked to unaddressed emotional pain. Her little brother – who she describes as "fearless, ambitious, kind, thoughtful" – died unexpectedly, falling from a cliff when he was 14 years old. "We're taught in this society not to really feel our feelings, to hide them. For me, work was my addiction, and I had to get my hit. I had to stop working so hard,

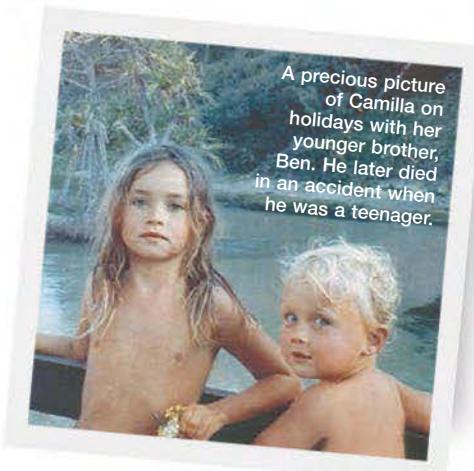
so I could sit there and process my feelings, my pain, my grief with my brother.

"I lost my brother when I was very young [Camilla was 17] and your life never is the same, but you learn to live with it. When Ben died, I felt like I needed to live the life of two, that there was an obligation to make Mum and Dad proud, and not fall. So I just started running and I never stopped. I guess that's one of the reasons for the success of the label, but you hit a wall, eventually."

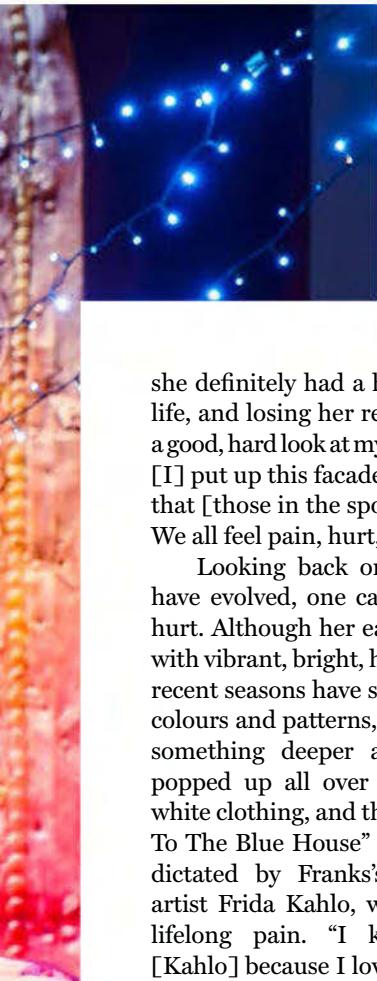
Another problem, she sees now, lay in the perception others held of her, the

poster girl for success. "When you've got everything on the surface, everyone goes, 'Oh, life must be perfect.' It's really hard to be honest [and say], 'I'm not OK. I'm not happy.' You hide it. There's a stigma to [certain feelings], whether it's depression or anxiety or whatever you have." Franks thinks her own pain "created a form of reactive depression [and] when you're built like me, you think you're a failure if you fall. Now [I realise] being vulnerable is OK, being ill is OK, being perfectly imperfect is OK."

The juxtaposition between public image and private truth is something she discussed with her friend, the late TV personality Charlotte Dawson, who battled depression and ultimately took her own life. "We weren't best friends, but



A precious picture of Camilla on holidays with her younger brother, Ben. He later died in an accident when he was a teenager.



RUNWAY SUCCESS

Camilla Franks's runway shows are like colourful theatrical performances.



she definitely had a huge impact on my life, and losing her really made me have a good, hard look at myself. Like Charlotte, [I] put up this facade, and people forget that [those in the spotlight] are human. We all feel pain, hurt, sadness and grief."

Looking back on how her designs have evolved, one can almost track the hurt. Although her early work was filled with vibrant, bright, happy colours, more recent seasons have seen a complexity of colours and patterns, perhaps indicating something deeper and darker. Skulls popped up all over graphic black and white clothing, and this year's "The Road To The Blue House" collection has been dictated by Franks's fascination with artist Frida Kahlo, who also lived with lifelong pain. "I kept tapping into [Kahlo] because I loved the fact she was so courageous with her choices, and she in some ways celebrated her pain through her art." But Camilla prints aren't macabre; if anything, they're a nod to Franks's spirituality. "We can forget that there's a connection bigger than us, and spirituality gives you a higher purpose."

Franks makes it a point to nurture her customers. It's part of her credo that "relationships are the most important things to work on", applying the same motto to her personal life. "I made a con-

tract to myself to cut everyone out of my life that didn't make me happy and healthy. And I feel so much better for it."

Travelling the world to destinations such as Morocco, Laos and India is also something that nurtures her, and she's made peace with her unusual path. "Society dictates that by a certain age you're supposed to have a baby, get married and do all that. It's so much pres-

sure. I'm coming to a point of acceptance now that my life is going to be different."

When she's abroad, she's not necessarily living in five-star luxury, either. Aware of the contrast between her life and those less fortunate, she has a renewed interest in philanthropy. "[I want to] create a sanctuary for abused and exploited women in India, and rehabilitate them through textile production, giving them an income and purpose."

Similarly, several years ago, she helped raise money for UNIFEM, the women's fund of the UN. The funds went towards empowering women in the textile industry in the village of Paktheap in Laos. "Instead of handing a third-world country money, you give them an education and tools to create an income," she says. "That's what I'm really passionate about. It's different to the feeling I get from the accomplishments of my career.

"The past few years have been rough, but I'm so blessed I went through that because I feel like my pain now has a purpose. I want to be able to nurture women who have experienced a lot of pain, so they know there's a light at the end of the tunnel. There's someone to hold your hand, to help you get through the hard times and the black times, and there's beauty and light [in the world]." □

star-studded moments



OPRAH

When the talk-show queen wore the label on her Australian tour in 2010, the world took notice.



JENNIFER LOPEZ

When J.Lo wears your dresses when she goes out shopping, the whole world pays attention.



BEYONCÉ

After visiting Franks's store in 2010, the superstar regularly Instagrams pics of herself in Camilla designs.



KATE HUDSON

The mother of two, here on holidays in Mexico, is another devoted A-lister.



GOLDIE HAWN

Hollywood acting royalty steals the show in a bright Camilla Franks ensemble.

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Meet the Digi Deepaks

It's no wonder, having spent years oversharing on Twitter and Facebook, that we are turning to social media in our quest to find inner peace. Anna Magee meets the new stars of self-help

LEVI BROWN/TRUNKARCHIVE.COM/SNAPPER MEDIA; MASTIN KIPP/INSTAGRAM; GABBY BERNSTEIN/INSTAGRAM; DANIELLE LAPORTE/INSTAGRAM

We all know it's good to share. But these days, oversharing seems to be even better. Our sexual exploits and drunken misdemeanours are all out there on YouTube, Twitter and Facebook, and not one of us bats an eyelid. The way we see ourselves is changing. This could be the reason why self-help is changing, too – from a private activity, where one individual imparts wisdom to another via the pages of a well-thumbed book to one great big share-fest.

The tiny woman strutting onto the stage at The Royal Institution in London on a Saturday morning doesn't look a day more than 30. She has long, blonde hair and a full face of make-up, wears white Roland Mouret skinny jeans and a cashmere scarf. To the audience of 400-odd women she says: "Yesterday, I wasn't breathing properly, I was panicking about whether I'd be able to hold the workshop, and wanting to control the situation by doing something about it. I waited for the voice of Spirit to guide me, and the messages I heard were to cancel all appointments and go back to bed."

Meditate.
Fearlessly
go after your
dreams.



"Go back to bed" is not exactly your typical self-help message, but then again, the New York City-based Gabrielle Bernstein isn't your typical self-help guru. She has more than 56,000 subscribers on YouTube, 176,000 "likes" on Facebook, 131,000 followers on Twitter and is a *The New York Times* bestselling author of two books, with an additional two books also selling quite nicely, thank you. Plus, she's just 34 and Oprah has already described her as "a next generation thought leader". Yet, rather than delivering great truths from a mountain top in Tibet, Bernstein regularly vlogs ▷

THE OLD SCHOOL

They write a book, do a speaking tour, then leave readers to get on with improving their lives ...

not only about how to meditate to manifest what you want, but also about her own previous struggles – in stark detail – with drugs and alcohol. She's one of a growing number of hip self-help gurus in their 20s and 30s who have suddenly made "speaking your truth" cool.

Others include LA-based Mastin Kipp, 33, a former music manager and drug-addict-turned-blogger on thedailylove.com, whose musings Kim Kardashian supported in a tweet – in effect launching him to the masses.

In the UK, two former actresses in their late 20s, Persia Lawson and Joey Rayner, blog at addictivedaughter.com about self-love, setting boundaries and practising gratitude to get you through a quarter-life crisis. They even use words like "gratitude diaries" and "boundary setting" – without nary a sarcastic smirk.

Boundaries. Gratitude. Shifting your perception. Is there really anything different about today's gurus? In a word, yes. While the old school, such as Tony Robbins, Deepak Chopra and Louise Hay, would write a book, do a speaking tour and leave us to get on with it alone, this new breed candidly talks, blogs and tweets about the addictions and painful personal meltdowns that they have been through – and are still experiencing.

"Social media has given us permission to openly share everything from our

dinner to our hardships," says Bernstein, who set up her own PR company in her 20s. She became a partying, drinking and cocaine-snorting machine, when one night, at the end of a bender, "I said a prayer and heard a voice say that there was a better way and that I could live a life beyond my wildest dreams if I chose to get clean." She documented her journey of recovery on DIY videos on YouTube and ran small meditation workshops in New York that grew from the ground up into the mega-following she has today. Now she still blogs about her own difficulties, like her detailed posts on Instagram, Facebook and Twitter about giving up sugar. "Readers need to know I face the same struggles as them daily. It helps us connect."

"The ethos of these emerging, young self-help gurus is nothing new," confirms psychologist Linda Blair, author of *The Key To Calm*. "Listen to your heart, connect with other people, slow down, live a balanced life – all messages that have been in self-help books for decades. But

they are now presented in language and channels that younger people use; they're also showing more vulnerability and honesty than some of the older gurus."

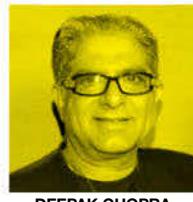
It's certainly difficult to imagine Tony Robbins (the infomercial achieve-your-dreams king, whose book *Awaken The Giant Within* has sold millions of copies worldwide) tweeting a picture of his breakfast, as Bernstein regularly does, or admitting, as Kipp did on his blog, to having had "a really, really shitty week". This vulnerability, explains Blair, is at the heart of the new self-help movement (author Brené Brown identified the need

for it when, after a nervous breakdown, she wrote about the power of vulnerability and became a six-million-hits internet wonder). "More than ever today we want real people, not perfect people – we want those who have stumbled, but are standing up again because their hardships make us believe we can conquer our own," says Blair.

Where in the past you might read *Feel The Fear And Do It Anyway* and



TONY ROBBINS



DEEPAK CHOPRA



LOUISE HAY



**SPEAKING THEIR TRUTH:
SELF-HELP GURUS
TO MILLENNIALS**

Meet the new breed
of social media
spiritual advisors

GABRIELLE BERNSTEIN

@GabbyBernstein

Ethos: "I help people change the way they see themselves and the world."

First started sharing: On YouTube with videos on meditation and yoga.

Big break: Oprah's 2012 interview on *Super Soul Sunday* made Bernstein's third book a *The New York Times*'s bestseller.

Current career status: She's a social media queen, bestselling author, founder of herfuture.com (a network

for tech-preneur women) and has published her fourth self-help book, *Miracles Now*.

For you if ... you read self-help books, but don't know how to put it into practice, are struggling with body image, or have relationship issues.



MASTIN KIPP

@TheDailyLove

Ethos: "I share stories of my own vulnerability and use daily insights and quotes to connect with readers and create a sense of community where they can share their hardships too."

First started sharing: By tweeting his recovery from drug addiction after being fired from his job at a top music firm.

Big break: Kim Kardashian's 2012 tweet: "I feel so inspired when I read tweets from



within a few weeks promptly forget about it, today's young gurus won't let that happen as they're busily e-shutting, tweeting and Facebooking you with snappy shareable memes and daily quotes to reinforce their messages every day. "I love getting daily inspirations from Gabby," says Sarah Dawson, 35, a copywriter and self-confessed self-help junkie from London, who attended Bernstein's workshop. "Getting that daily hit of something is like a reinforcement that I don't have to work too hard towards. The book might be sitting beside my bed, but I rarely get to dip back into it, whereas her tweets in my timeline keep it all alive."

So what's the appeal of new gurus, like Bernstein, compared to the Deepaks and Dr Phils of old? "The woman got herself over a coke addiction at 25 and she's not afraid to share that," says Dawson. "She's so down-to-earth about her own struggles it makes me think, 'Well, if she's slayed those demons, maybe I can slay mine.' Plus, the fact that she is young and gorgeous makes it all the more inspiring. I am tired of my gurus being bald old men. I like that she believes you can still be spiritual while wearing stilettos. It's kind of cool."

ADDICTIVE DAUGHTER

@AddictiveDaughter

Ethos: "We got fucked on drugs, booze and one-night stands because we felt shit about who we were. Now we've done work on ourselves, we want to show others how they can, too."

First started sharing: Friends and former actresses Joey Rayner (left) and Persia Lawson (right) were both stuck in addictive behaviours. They use videos to share their struggles and insights.



Big break: Filmed a doco last year with Russell Brand on spirituality.

Current career status: Irreverent British gurus with a growing following.

For you if ... you're in a quarter-life crisis, worried about addiction and like self-help with humour.

"We want real people, not perfect people – we want those who have stumbled, but are standing up again because their hardships make us believe we can conquer our own"

– Linda Blair, psychologist

FAMOUS FANS

While the new guard might be gaining ground, a number of more established gurus have received the celeb tick of approval



Danielle LaPorte (left) – Shailene Woodley (right).

Woodley is clearly a devotee of LaPorte. The *Divergent* star has not only tweeted about the 46-year-old's *The Desire Map* (a holistic goal setting philosophy), but extolled the virtues of LaPorte's teachings in an interview with *The Daily Beast*, saying: "This writer is amazing and a sister beyond sisters." LaPorte dabbled in the dot-com world and worked for a Washington think-tank before meeting the Dalai Lama and releasing her first book in 2008. More than 110,000 Twitter followers and *The Desire Map* followed.



Marianne Williamson (left) – Kim Kardashian, Nicole Richie, Oprah (right).

An elder stateswoman of self-help, Williamson has long been a darling of the A-list – Oprah bought 1000 copies of her 1992 book *Return To Love*. Williamson has continued to win celeb fans: standing as a political candidate in 2014's congressional race, she was endorsed by Kim Kardashian and Nicole Richie.



Katherine Woodward Thomas (left) – Gwyneth Paltrow (right).

Thomas reportedly doesn't know if Gwyneth Paltrow has taken her online "Conscious Uncoupling" course, but the psychotherapist's break-up philosophy got a surprise endorsement when the Oscar-winner used her signature catchcry to describe her split from husband Chris Martin last year. You don't need to be Ms Goop herself to learn about Thomas's take on handling splitsville – for approx \$500 you can sign-up for her five-week online course. □



AGENDA

OUR PICK OF THIS MONTH'S MUST-HAVES



DESIGNER COLLECTION

One of Australia's most iconic designers, Dion Lee, has collaborated with Target Australia to create an exclusive range of modern womenswear, available at affordable prices. At selected stores from July 2 until sold out, visit target.com.au.



SKIN SAVER

New Simple Micellar Cleansing Water is made with Triple Purified Water, skin-loving ingredients, no harsh chemicals and tiny micelles that cleverly entrap dirt, oil and make-up, without rinsing! RRP \$9.99.

LASTING VOLUME

For fabulous, thicker hair that lasts a week, try new John Frieda Luxurious Volume 7 Day Volume In-Shower Treatment, RRP \$16.99. Call 1800 468 318 or visit johnfrieda.com.au.



SO SMOOTH

Avene Hydrance serum contains a high concentration of thermal spring water to provide long-lasting hydration. RRP \$59.95, available at selected pharmacies. Visit avene.com.au.



CREATE DRAMA

Rimmel London Scandaleyes XXtreme Mascara lengthens and adds extreme volume to lashes, without clumps. Available at Priceline Pharmacy Stores or priceline.com.au.



CLEAN CHIC

A dishwasher perfect for the smallest of kitchens, purchase a selected Fisher & Paykel DishDrawer™ during June and July to receive* bonus installation and a bonus six month supply of Finish. *Terms and conditions apply, visit fisherpaykel.com.au/install-finish.



NORTH KOREA

THE GREAT ESCAPE

Privileged and educated, Hyeonseo Lee spent her childhood believing her country was the centre of the universe. Today, she's an outspoken defector and an unlikely face of North Korean protest

For 17 years, Hyeonseo Lee believed she lived in the most prosperous, powerful country in the world:

North Korea. Today, the 32 year old is a refugee in South Korea and a passionate spokesperson for fellow defectors. She gave a now-famous TED talk in 2013 that has since clocked up four million views (and counting). How did she go from unquestioning follower to outspoken dissident? This month, Lee tells her tale in *The Girl With Seven Names* (HarperCollins, \$29.99). We spoke to the defector about her incredible story.

MC: What was your childhood in North Korea like?

HL: My father was very high in the [military] regime. We

were given a house and many gifts. I thought the whole world revolved around our leader and I thought my life was normal. I was happy.

MC: What form did your education take?

HL: We learnt very little about the outside world except for hostile things. North Korea's first enemy is America; the second is Japan; the third is South Korea. We were taught not to consider [our enemies as] normal human beings. I used to think how lucky I was to be born inside North Korea and to not have been colonised by American imperialists.

MC: What was the moment when your opinion of your country changed?

HL: I grew up near the border of North Korea and China.



BRUTAL REGIME

Above: a North Korean soldier keeps an eye on South Korean troops at the border. Left: children suffering from malnutrition due to frequent famines that affect the hermit state.

Our TV could pick up a few channels illegally from China. I used to black out the windows, so I could watch these shows. It was my first taste of the outside world. Then, when a huge famine hit in 1994, I saw suffering for the first time. There were children dying in the streets of hunger. Only half of the schoolrooms would be filled, because so

many children were dying. I was scared. I realised how little I really knew about my country.

MC: How did you escape?

HL: My family was friendly with the border guards. It was winter. I walked across a frozen river into China. On the other side, a family friend was waiting to help me. I was young, just 17 years old. ▷

marie claire

world wrap



There are relatively few cars in North Korea and most city streets are virtually devoid of traffic. Left: Hyeonseo Lee during her TED talk in 2013.



MC: How are North Korean defectors treated in China?

HL: The Chinese government does not consider defectors to be refugees, but rather illegal migrants. They hunt down defectors and when they are caught, they are interrogated, tortured, imprisoned, even executed. I was hunted and I was interrogated. But I knew that in order to escape, I needed to be able to speak Chinese. To protect my identity, I changed my name many times and dedicated myself to learning Chinese. So when I was finally interrogated, I convinced them I wasn't Korean.

MC: How long did you spend in China?

HL: I was in China for 10 years before I decided to risk my life again to go to South Korea. Here, even though many hide their identities because they fear for their family's safety back in North Korea, refugees have more freedom and are better treated.

MC: How did your TED talk come about?

HL: In 2012, I was lucky enough to have a private audience with [then British Deputy Prime Minister] Nick Clegg when he visited South Korea. He put the spotlight on me and somebody from TED invited me to speak. I was the first North Korean defector to give a talk in English.

MC: What was the response?

HL: Stunning. I received messages from all over the world. Some of the messages, especially ones from Chinese people apologising for the treatment of North Korean refugees in their country, made me cry.

MC: Why are you speaking out?

HL: Someone must raise their voice about reality inside North Korea. The media only focuses on the dictators,

the military, the nuclear missiles. There are ordinary people who are suffering. They are so cut-off from the world. These people need your help.



AUSTRALIA

ARE YOU A GENEROUS SHOPPER?



This Brisbane-based woman is using Australia's love of online shopping to give back

Like most ingenious ideas, Sarah Chatterjee's charitable business, The Generous Shopper, is a simple one. Aussies love to shop online, and to give back to the community. So, why not combine the two? And, with some nifty new technology, that's exactly what she does.

Online shoppers looking for a retail thrill with an altruistic kick can

download a "shoplet" plug-in, which detects when they buy from a website partnered with The Generous Shopper. These retailers then donate anywhere from one to 35 per cent of the spend, which is then distributed by Chatterjee to a group of 10 linked charities, including domestic violence rescue organisation Assist A Sista, the Heart

Foundation and beyondblue. There are now 900 broad-ranging partner e-commerce sites, from fashion giants ASOS, The Iconic and David Jones to Priceline and travel website Expedia.

The Generous Shopper launched last year and has already set its sights on gaining 50,000 users and launching a mobile app.



SOUTH SUDAN



LAND OF HOPE

Oscar-nominated Rooney Mara has seen the poverty and desolation of South Sudan, but also the resilience of the people.



INDEPENDENCE DAY

It's the world's youngest nation, but South Sudan has been marred by internal conflict and poverty

Actress Rooney Mara visited South Sudan for the third time in December with Oxfam. On those trips, she has met hundreds of thousands of refugees, brought attention to the illegal weapons trade and highlighted the hardship faced by the country's many, impoverished displaced. "One thing that hasn't wavered is the undying spirit and optimism of the people," she told *Vanity Fair*.

July 9 marks four years of independence in the central African nation. But the country has been beset by civil war since December 2013, with war crimes a regular occurrence. One and a half million South Sudanese have fled their homes, and almost four million face "food insecurity" as crops flounder and disease runs rife.

But Mara saw a measure of hope in the nation's resilient populace. "Despite the decades of war ... they continue to carry with them the hope for a better future," she has said.

MC FACT In the 2011 South Sudanese independence vote, **99 per cent** of those polled voted for secession from Sudan.²



KUWAIT



FASHION BEYOND THE VEIL

Social media has transformed how Muslim women are represented. For some, it has allowed them to broadcast their passion for fashion

Ascia Al-Faraj is a hard woman to pin down. Our interview with the Kuwaiti fashion blogger is rescheduled twice due to her trip to appear at an event in Dubai. Her assistant is endlessly apologetic, explaining Al-Faraj's diary is packed and unpredictable. When we finally speak, Al-Faraj is in an airport lounge set to jet off to Switzerland, where she is attending the swanky Basel art fair. "I'm always about to step on a plane," she says, laughing.

Such is life when you're one of the world's biggest fashion bloggers. (Al-Faraj has some 1.3 million Instagram followers.) She is just one of a new breed of personal style bloggers whose every Instagram snap and selfie is also a very public celebration of their Muslim faith.

Al-Faraj's posts mark her out as a dedicated follower of fashion: there are Céline bags and Tory Burch jackets aplenty. When Al-Faraj lists her favourite brands, she could be

any 25-year-old fashionista. The only thing that differentiates her from other fashion bloggers in the million-followers club is her roster of colourful headscarfs.

Al-Faraj started her blog three years ago, frustrated by the lack of Muslim faces in the blogosphere. "I followed many fashion blogs, but no-one understood what it was like [to be a Muslim woman]," she says.

The rise of Instagram and other visual networks has brought about an influx of images of Muslim women into the public sphere. For Al-Faraj, representing the communion of her faith and her love of fashion was always the focus. "I've always been a very modest dresser. I love clothes and I love my religion. I think there is a link between the two."



GLOBAL

DOUBLE-TAP THESE HIJAB FASHION INSTAGRAM ACCOUNTS



Melanie Elturk

The 63,000 Instagram fans of this striking 30 year old know her by her blogging alias: Haute Hijab. The US lawyer started her website in 2010, making her one of the first Muslim fashion bloggers in the world.



Yasemin Kanar

From Miami, Kanar has a YouTube feed where she shares videos for tying unusual headscarf shapes. One video in which she showcases the "Pashmina" look has been viewed more than a million times.



Zulfiye Tufa

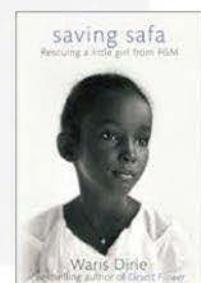
Every day without fail this 25-year-old pharmacist posts an image of herself to her social media feed, The Hijab Stylist. The idea, according to Tufa, is to provide daily real-life inspiration for her 29,000 Instagram followers.

DJIBOUTI

THE RETURN OF DESERT FLOWER



Some 125 million young girls in Africa and the Middle East are exposed to female genital mutilation. It's a cause model Waris Dirie holds close to her heart; she suffered the ritualistic practice as a young girl in Somalia, as explained in her bestselling 1997 memoir *Desert Flower*. In her newest book, *Saving Safa* (Hachette, \$32.99), Dirie recounts her attempts to protect Safa Nour – the Djiboutian schoolgirl handpicked to play a young Dirie in the 2009 film adaptation of her memoir – from the horrors of genital disfigurement. *Saving Safa* is not only the story of this battle, but also of her decades-long campaign for the eradication of the practice in her homeland. □



MC FACT

It is estimated that **98 per cent** of girls in Djibouti are victims of female genital mutilation.[†]



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6
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July

marie claire

GIRL OF THE MOMENT

Our latest girl crush, *Lake Bell*, swaps sexy supporting roles (and her US accent) for a lead in one of the funniest films of the year



Lake Bell, 36, admits that before she met her "super smokin' hot husband", Scott Campbell, she had given up on love, just like her character in this month's rom-com, *Man Up*.

Bell plays Nancy, a 30-something, slightly messed up writer who's done with dating after yet another disastrous set-up. That is, until she's mistaken for Jack's (Simon Pegg) blind date under the clock at London's Waterloo Station.

"I was a total cynic; there are videos of me proclaiming that I'll never get married," says the native New Yorker, who perfected a British accent for the film. "The truth is that every anti-romantic is deep down a romantic hoping someone will throw them over their shoulder and say, 'We're getting married, come on let's go.' [Scott] did that very thing."

Bell's husband is a hot-shot tattoo artist who has inked (among others) Marc Jacobs and Courtney Love. The pair met on the set of HBO's *How To Make It In America* and last year welcomed a baby girl, Nova.

Bell, known for her role in *Boston Legal*, says she loves that Nancy fits the current trend for multi-layered female protagonists who are struggling to piece their lives together. "Everyone can admit to a time when things were messy. If they're not, then you're not living." ▷

WATCH IT!
Man Up is
out on July 23.



YOU'VE GOT MALE

How do we put this delicately ... when it comes to movies this month, *it's a perve-fest*. Here are the best of the, ahem, selection ...

Self/Less

How do we feel about cryogenic freezing? Ambivalent? How do we feel about Ryan Reynolds (below right) and Matthew Goode (below left)? Much better. Goode shines as a chilling villain pushing sci-fi ethics to untenable boundaries.

Out July 23

Magic Mike XXL
This sequel promises more of everything: more of Channing Tatum's and Matt Bomer's oiled abs, more airborne cash and yes, more of stripper anthem Ginuwine's "Pony". A must-see for the discerning cinephile. *Out now*



Terminator Genisys

Yes, they spelt Genesis wrong. But that shouldn't stop you enjoying this high-octane thriller. Come for Arnie's return – well he did promise he would be back – but stay for homegrown hunk Jai Courtney (above). *Out now*



Fantastic Four

Here's three reasons to see this comic-book reboot: Miles Teller (left, the Marlon Brando for our generation), Jamie Bell (Billy Elliot all grown up!) and the super-smooth Michael B Jordan. Fantastic, indeed. *Out August 6*



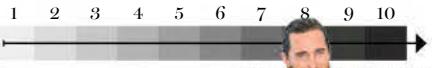
HOW TO:

(Matthew) McConnaissance your career ...

Once upon a time, Matthew McConaughey languished in bad rom-coms. But thanks to a little TV show called *True Detective*, the actor brought about a McConnaissance and resurrected his career (all the way to the Oscars). With the return of the second series in June, which of its new cast members can do the same? We rate their career revival chances.

Rachel McAdams

Ever since *The Notebook*, this actress's career has stalled. But as a sheriff in *True Detective*, she may have found a role to sink her teeth into. Next, you'll see her in movies such as boxing drama *Southpaw*, and as a journalist investigating the Catholic Church in *Spotlight*. We smell serious Oscar buzz. McAdamaissance ... it has a certain ring to it.



MCCONAISANCE RATING

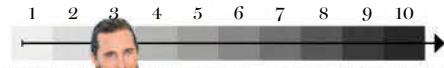
Colin Farrell

Better known for his late-night exploits, Farrell The Actor has become something of an endangered species. But we may have found him in the wild as moody Detective Ray Velcoro. Farrell can also be found as a serial killer in the film *Solace* later this year. Is all this enough to bring on a Farrelaissance? Maybe not, but it could be the start of something good.



Vince Vaughn

For too long this funnyman has played the kind of comically tall idiot role that dominates mainstream US cinema. We hope playing mobster-with-a-conscience Frank Semyon will bring about a Vaughnaissance, but don't hold out hope. The actor seems to be transitioning into a producing career: his only acting role of note in the near future is in a Seth Rogen comedy.





model act

She carved out a career as one of our *best runway exports* and now, *Abbey Lee* has her sights fixed on Hollywood

Carlize Theron may have had the lead in *Mad Max: Fury Road*, but when the film premiered in Hollywood in May, all eyes were on one woman walking that red carpet. Rocking a Balmain jumpsuit, a long silver crucifix necklace and her trademark septum nose ring, Abbey Lee – the actress – boldly left her model tag behind and announced her arrival in Tinseltown.

Despite securing coveted campaigns for Gucci, Chanel and Versace during her decade-long modelling career, Lee has more recently been exploring art, music and now, film. In fact, she hasn't walked a runway in three years.

The 28 year old says she finally found her calling the day she landed in Africa to film *Mad Max: Fury Road* in 2012. "It was like I had an epiphany. When I reflect on my childhood and the things I did as a teenager to entertain myself, it all fed straight into acting, without me even realising it."

Since that shoot, Abbey Lee has thrown all of her ambition into acting. At the risk of being labelled another "model-slash-actress", that has meant casting a very discerning eye over all potential projects. "Acting for

me is not a job, it's something I love, and it's a creative outlet."

So far, the approach is boding well. Her latest project is the Brendan Cowell-directed dramedy *Ruben Guthrie*. In it, Abbey Lee plays Zoya, the long-suffering girlfriend of the title character, an advertising wunderkind who has a weakness for too much booze. "I was hesitant to sign on, purely for the reason I was playing a model," she says. "But

I read the script and have never laughed like that reading something before."

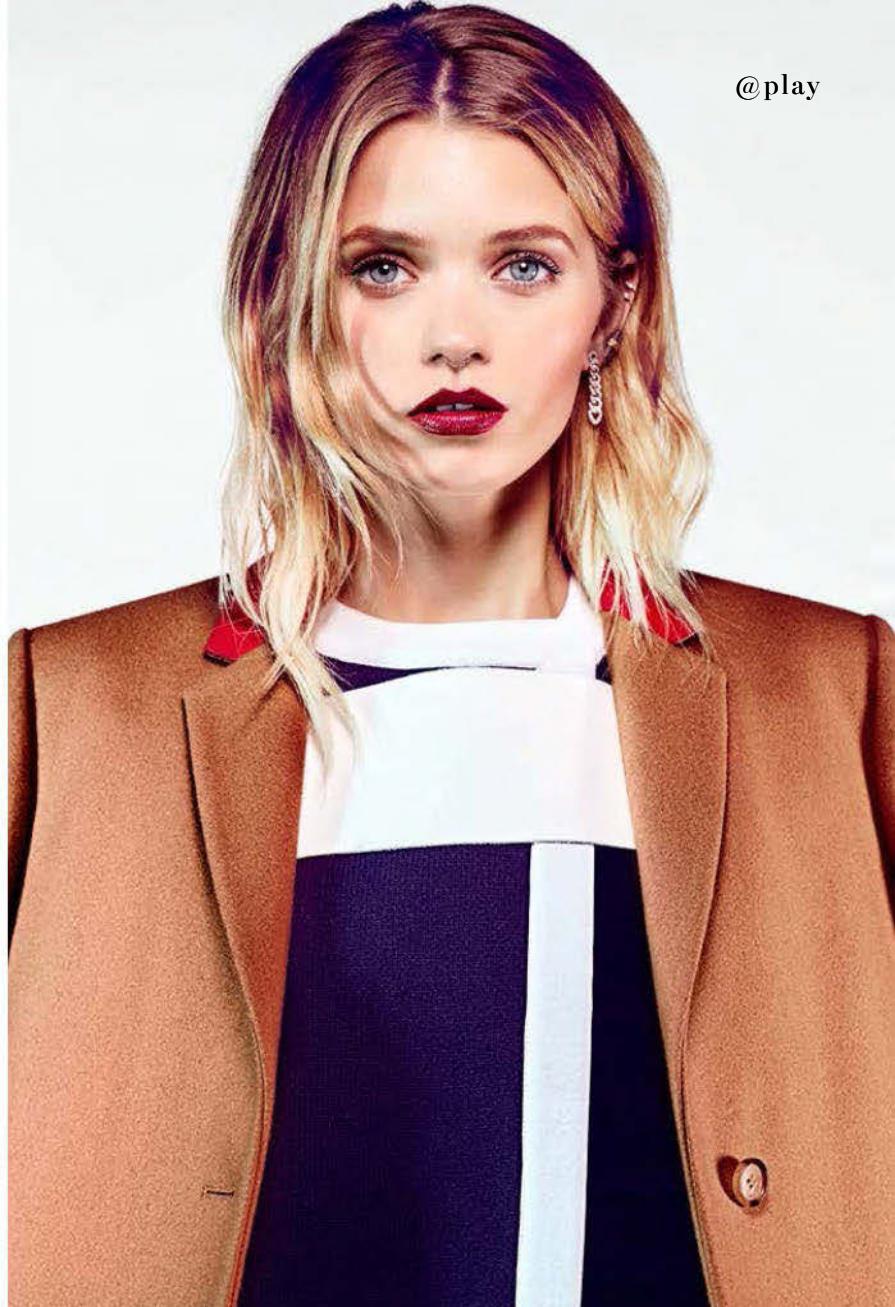
The role also posed a challenge – Zoya is Czech – but instead of baulking, Abbey Lee revelled in it. "I felt I had been

around enough Eastern European girls in modelling to work [the accent] out," she explains. So what did her first go sound like? "A little bit Russian, a little bit

"Acting for me is not a job, it's something I love, and it's a creative outlet"

star turns

Right: Abbey Lee as Zoya in *Ruben Guthrie*. Far right: the model turned actress (on far left) in *Mad Max: Fury Road*.



Danish, a little bit of everything, but [Cowell] said it was a pretty good attempt," she laughs.

Not only did Abbey Lee master her accent (thanks to a dialogue coach), she also taught herself the language. This work ethic, turns out, is standard. In 2016, she will star in the epic *Gods Of Egypt*, as well as the horror flick *The Neon Demon*.

As for the role Abbey Lee would most love to play?

Ironically, she points to Theron, the same actress she outshone only months ago. "The last time I saw a ballsy woman playing a multidimensional role was in *Monster*," she says. "Playing that type of role is something I'm really attracted to. I'd love to completely transform myself and give myself over totally to something like that." ▷

Ruben Guthrie is in cinemas on July 16.





spotlight on:

Gin Wigmore

Chances are you've heard her voice before, but not known it. Songs from the 29-year-old Kiwi have featured on *Grey's Anatomy*, *The Good Wife* and *Orange Is The New Black* ...

Your voice has been compared to Amy Winehouse and described as if you had "swallowed grit". What do you say to that?

It's definitely an acquired taste. I never thought I'd be a musician, so I never spent much time thinking that "this is my sound". Whatever came out, well, that was it.

You hit the music scene at 17 when you won the International Songwriting Competition, beating 11,000 people from 77 countries. Even back then your voice was earmarked as unique ...

Young women are almost stereotyped as needing a little, light voice. So having that busted-up, gravelly old voice rasping away, people were like, "Shit, that's coming from a 17 year old?"

Was winning that award so young a blessing or a curse?

A blessing, for sure. I was pretty aimless at the time, so having the opportunity of a music career presented to me, was awesome. I don't think I would have found it otherwise. I wanted to be a primary school teacher.

But weren't you writing songs from a young age, too?

Oh totally. I used to take myself really seriously as a 13 year old.

I was an angsty teenager who thought, "Oh, my life's shit", so my mum bought me a journal and said, "I'm sick of hearing how shit your life is because it's not. Start writing in a journal". So I did, and then made songs from the lyrics.

You new album is called *Blood To Bone*. Tell me how you've mixed up your smoky blues sound.

Sonically, I have dabbled in worlds I knew nothing about. I was almost scared of electronic music because it was unknown. This album is a lot of firsts in many ways – putting in 808 [drum machines], sub-bass, synths and having me doing backing vocals as well.

In recent years we've had Lorde and Broods come out of New Zealand. What sets Kiwi artists apart?

[We] don't feel constricted by any creative rules [and] that's what sets new trends in a way. With that though, you need to be courageous and I think there's an underlying courage from New Zealanders.

Is this a new chapter for you?

Totally. As I've got older, I see the world through a different lens. I'm so busy, too. I love having 50,000 things on the go ... I thrive on it.

Blood To Bone is available now.



BY GEORGE SHE'S BACK!

Katie Noonan likes to keep us guessing (think: *Blackbird* – her 2008 jazz album of Lennon and McCartney covers). Her new offering is equally quirky. Around 20 years of musical expertise is channelled into 12 original tracks that have been crowd-funded into her first record in five years.

Transmutant is out July 24th.



WHAT WE'RE LISTENING TO: THE VIRGIN SUICIDES BY AIR



You bet we're reliving the nostalgia with the re-released soundtrack to Sofia Coppola's directorial debut – and Kirsten Dunst's transition from child actress to leading young lady. Enough said.



THE TOME

couture wedding gowns

This book's central message is one we can get behind: If you're going to get married, you might as well wear haute couture. And there's plenty to choose from in this hefty offering, from the historic – Christian Lacroix and Givenchy – to the uber-modern, like Zuhair Murad. This tome is full of (fantasy) inspiration for brides-to-be. A girl can dream, right? *Couture Wedding Gowns* by *Marie Bariller* (Abrams, \$80) is out now.

WINNER WINNER

Art industry leaders may pick the Archibald Prize, but it's you, the art-loving public, who decide the People's Choice Award. With 16,000 people voting per year, how do you make your vote count? Curator Anne Ryan shares her tips on picking a winner.

1

Choose a famous face

Gemma Ward. Cate Blanchett. The Archibald loves a celebrity subject. While technically portraits don't have to be of superstars, the gallery is finding that it's A-listers who garner the most attention.

The Archibald Prize winner will be announced on July 17, and the People's Choice Award on September 10. The exhibition will run at the Art Gallery Of New South Wales from July 18.

2

Take your time

"Look at everything," says Ryan. Don't speed through the exhibition so you can grab a glass of wine afterwards. "You'll find that the works you might not have looked at straightaway start to grow on you."



3

Find the zeitgeist

The best portraits, says Ryan, tell us something about society as a whole. In the past, that has included portraits of Margaret Olley (in the year of her death) and Olympian Anna Meares after she won her gold medal.

4

Look closely

Famous faces and a finger on the pulse aren't quite enough.

"Look beyond whether you like the way it looks," advises Ryan. "Do you feel more connected with the subject after seeing the painting?"

5

Go with your gut

"[If] you get that little shiver of recognition," Ryan says you'll know you've found a winner.

6

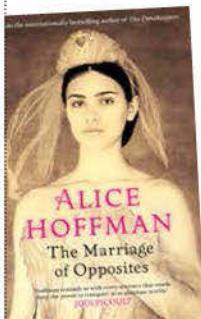
When in doubt, choose Vincent Fantauzzo

The 38 year old has won People's Choice more times than any other artist. He's won two years in a row – for portraits of his wife, Asher Keddie, and son Luca – and is angling for a hat-trick. He's a safe and worthy bet.



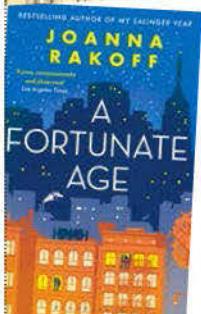
BOOK CLUB

If you like coming-of-age narratives and historical fiction, this is your month



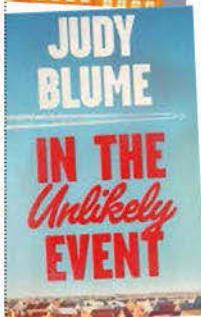
THE MARRIAGE OF OPPOSITES

by *Alice Hoffman* (Simon & Schuster, \$29.99) Hemingway's wife, Freud's wife ... The trend for stories following the women popping up famous men shows no sign of abating. This one is the story of Rachel, whose affair with her husband's nephew would bring about the birth of artist Camille Pissarro. *Out in August*



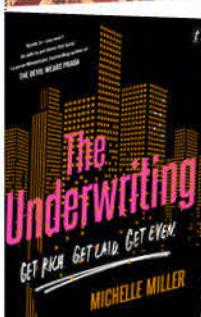
A FORTUNATE AGE

by *Joanna Rakoff* (Bloomsbury, \$32.99) Ever wondered what *Girls* would look like in the '90s? Presenting Lil, Beth, Sadie and Emily, a close-knit gang of college grads trying to make their way in the world (of Brooklyn). Coming-of-age stories are Rakoff's particular skill-set (she's the bestselling author of last year's hit memoir *My Salinger Year*). *Out now*



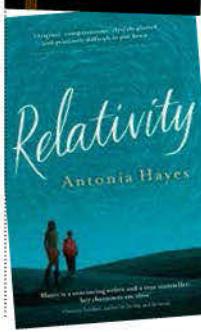
IN THE UNLIKELY EVENT

by *Judy Blume* (Picador, \$29.99) The teen literature dream queen has penned her first adult novel in almost 20 years, and it's jaw-droppingly timely: a multiple character drama about those left behind after a devastating plane crash. *Out now*



THE UNDERWRITING

by *Michelle Miller* (Text, \$29.99) This story of a hard-working and even harder-partying start-up team racing to close a billion dollar deal is just one in a new breed of thrillers using Silicon Valley as its backdrop. This is *The Wolf Of Wall Street* for the digital age. *Out now*



RELATIVITY

by *Antonia Hayes* (Viking, \$32.99) Haunting and elegiac, this debut novel by an Australian author follows Ethan, a young, preternaturally gifted boy and his estranged parents, who separated after a terrible, life-splitting incident when Ethan was just a baby. Books like this don't come along that often. Grab it with both hands. *Out now* □



DON'T MISS

David Bowie Is, a mind-blowing retrospective of the musical icon's incredible life, at Melbourne's ACMI from July 16.

EMMA



In the past year she's received an Oscar nod, conquered Broadway and charmed Cannes. As her second Woody Allen film hits screens, Emma Stone tells James Mottram why she's *totally addicted* to acting

Anaughty smile forms across Emma Stone's lips. I've just asked what keeps her grounded. "I was about to make so many horrible jokes!" she whispers. Spying the recorder in front of us, she stops herself – just. "Damn it," she says, giggling. Self-censorship just isn't in the nature of this breezy, bright and – let's face it – brilliant, 26-year-old star.

Just Google her gawky genius. Lipsynching battles with Jimmy Fallon. Impressions of the Elephant Man on a recent press tour. All tied up with a saucy sense of humour. Like the moment she recounts Simon McBurney, a co-star on last year's *Magic In The Moonlight*,

commandeering her kitchen to make mayo. "Real mayonnaise!" she cackles. "That was not an innuendo!" Eww.

We're sitting in a plush Cannes hotel suite, where her new movie, Woody Allen's *Irrational Man*, is about to play out-of-competition at the film festival. Tomorrow, she'll greet the media in a lacy black Oscar de la Renta mini dress, then effortlessly glide the red carpet in a Christian Dior couture gown. "I like to dress up," she admits. "I'm quite a girl in that way." But today, she's kept it simple: a blue sleeveless flower-print dress, pinched at the waist, and nude heels.

The past year has been sensational for Stone. Her first Oscar nomination – for a blistering portrayal of a recovering addict in the Best Picture-winning

Birdman. A sensational Broadway turn as Sally Bowles in *Cabaret*. And bookending both, the two aforementioned outings for Woody Allen – the lightweight "cream-puff" of a movie, *Magic In The Moonlight*, and now the dark, Hitchcock-inspired *Irrational Man*.

It puts Stone as the latest of Allen's heroines, following Diane Keaton, Mia Farrow and Scarlett Johansson. "Well, if two [films] counts as a genuine Woody heroine!" she retorts. Allen is clearly sold, however. "I think over the next couple of years she's going to be the major female actress in movies," he tells me. "She's great at playing comedy. She's a very good dramatic actor. She's very beautiful. Very intelligent. She can sing. She can dance. She has a limitless future."



In *Irrational Man*, Stone plays Jill, a philosophy student who falls under the spell of her boozy, brooding tutor (Joaquin Phoenix), whose existential crisis is only averted when he decides to plot the perfect murder. Stone was intrigued to explore more complex territory than Hollywood allowed her in breakthrough comedies like *Easy A* and *Crazy, Stupid, Love*. "I think she wants to be darker than she is and question her own morality. That's what was interesting about her as a character," says Stone.

Could she relate to that? "When I was younger, I had that craving to be rebellious," she concedes. "Sometimes it's easier to be rebellious through a person you're attracted to, rather than you yourself doing these rebellious things. The 'bad boy' idea is a way for you to express those sides of your personality without actually having to do anything bad yourself. So I've understood what that feeling is. Thankfully, you grow out of it."

Stone's rumoured romantic history hardly reads this way: musician Teddy Geiger, actor Kieran Culkin and, since 2011, her *The Amazing Spider-Man* co-star, Andrew Garfield. Even her teenage years were sweet. "I didn't go on a lot of dates, but I had boyfriends. I was very monogamous by nature." The first time her heart was broken, she was violently sick. "Your first love is incomparable to any love you have after ... I don't think it'll ever reach those depths again. It's just the most brutal feeling."

She's more cautious on the subject of Garfield; the two have been on-again, off-again, citing their busy schedules. Post-Cannes, they were papped together in Malibu, California, sparking reunion hopes. But Stone, who famously avoids social media, is keeping quiet. "Nobody really knows what's happening in my private life and that's the only thing I can do: be as private as possible without being a hermit or a total weirdo." Cue a wicked glint. "But I could still be a total weirdo!" ▷

"Your first love is incomparable to any love you have after. It's the most brutal feeling"

Unlike Jill in *Irrational Man*, Stone never got to experience campus life. Born and raised in Arizona, she was homeschooled as a teenager and never went to university. Does she think she missed out? "You can't really miss what you don't know," she shrugs. "The good thing about college is that you can always take classes or go back if you really, really want to." So does she? "No."

You can see why. Stone started acting in a local youth theatre group as a child, keen to make acting her career. After starring in amateur stage shows, she made a PowerPoint presentation for her businessman father. The title? "Project Hollywood". The aim? To move to LA and start auditioning, aged just 15. "I was definitely my father's daughter on that one! He was immediately like, 'Proud of you! Let's do it!'"

"What seemed impossible a few years ago has now expanded"

Wilfully ambitious and wildly determined, was she always this clear about her goals? "Yeah," she answers, "but I don't think I knew any specific paths." Moving to LA with her mother was tough. With her hair its natural blonde

colour, she hardly stood out (and can still recall losing out to Hayden Panettiere for the role of the cheerleader in sci-fi TV series *Heroes*). But then she booked 2007's teen comedy *Superbad*, dyed her hair red and hasn't looked back since.

Four years on, the comic shackles came off, as Stone starred in the Oscar-nominated drama *The Help*. "As you get to a certain point and your opportunities change, you begin to imagine things that you wouldn't have been able to imagine," she reflects. "What seemed impossible a few years ago has now expanded. Maybe that's just

growing up ... you start to see that you can make new choices and try new things and not be afraid of falling on your face."

It brings us back to the original question: how she stays so down-to-earth. "I don't know," she sighs. "I don't do drugs because I really don't want to die." She pauses. "Also, when you get to play a character like [Cabaret's] Bowles who's really going off the rails, or *Birdman*, where she's just post rehab, or [Jill], where she's drawn to this crazy toxic energy, when you get to act out all this, you don't need to do any drugs!"

Stone's narcotic of choice right now is work. Playing Bowles was life-changing. "The play has been the biggest internal shift I've felt," she says. "I love

ON-SCREEN REBEL

Right: in *Irrational Man*, Emma Stone's character falls for her sociopathic uni professor. "When I was younger, I had that craving to be rebellious," she says.



CRAZY, STUPID, LOVE?

The status of her relationship with *The Amazing Spider-Man* co-star Andrew Garfield (above) is unknown as Stone strives to be "as private as possible" about her love life.

acting more right now than I ever have." The nightly discipline of dancing and singing on stage was infectious. She wants more. Already, she's signed on for *La La Land*, a movie musical from the director of *Whiplash*, set to be her third outing with Ryan Gosling.

Her biggest problem might be burnout. The last time we met, in Paris in September, she was struck with flu after press tours took their toll. "I'm not as good at taking breaks as I should be," she admits. Maintaining work/life balance isn't her strong point. "That's probably the perpetual battle." Is she talking about life with Garfield? She doesn't say. "Thankfully ... at this point I don't have children yet. That's just going to have to be a different story. That priority is going to need to be very, very there."

For the moment, she's just played a pilot in *Aloha*, although taking on a role in an action movie is not on the to-do list. "I don't want to run!" she laughs. "If you saw me wielding a bow and arrow, you would laugh!" In an industry that's still male-dominated, she pays tribute to both Jennifer Lawrence and Shailene Woodley, leading the *Hunger Games* and *Divergent* franchises. "I really admire them." But her talents lie elsewhere. "My natural strength," she says, tapping her head, "is more here." □

Irrational Man opens on August 20.



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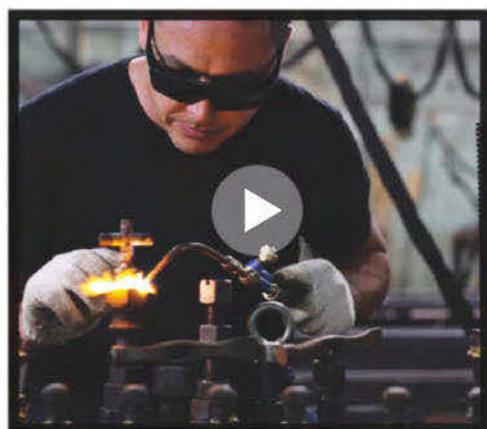


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DISTRICT EIGHT DESIGN was founded in 2010 by co-owners Paul Norriss and Australian Darren Chew, as a project to preserve and develop the historically significant buildings, warehouses, and objects of Vietnam's Ho Chi Minh City, lovingly known as "the Paris of Asia". The firm has expanded to include design, with a production line of modern industrial furnishings that focus on authentic vintage style - blending reclaimed and salvaged materials with modern materials and design. Keeping both design and production branches in-house means District Eight Design has the ability to prototype furniture and lighting, while producing high-quality pieces for local and select international partners, such as Domayne Australia.



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RAND OFFICE CHAIR, \$479

This stylish office chair comes with steel castors and leather upholstered seat and backrest. There's also an option with solid fumed oak armrests.

SINGER DESK, \$1399

This hand-cast custom sewing machine base is available in hard fumed and seared oak. Pewter Wall **CLOCK**, \$129; Black **JAR**, \$10.95; Abstract Stripe **MUG**, \$29.95; Young Rectangular **CHALKBOARD**, \$8.95; Barista Latte **CUP** in Black, \$6.95. All other items stylist's own.

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AS SEEN IN

marie claire

THE
PARCEL



WINTER EDIT

WE REVEAL SOME OF OUR TOP PICKS FOR THE NEW SEASON

1 O.P.I NAIL LACQUER, \$19.95[‡].

Inject a bit of fun into your winter wardrobe with a slick of new polish. We've chosen a great range of shades for you from O.P.I's Fifty Shades Of Grey, Coca-Cola or Classic collections. Tip: Maintain a chic mani by keeping nails short and square, prepping with a base coat and then applying two to three coats of varnish. Prolong your polish by reapplying your top coat every other day.

2 LANOLIPS LEMONAID LIP AID, \$15.95.

Replenish chapped lips on the go with this rich, whipped lanolin treatment. Containing more than 70 per cent Ultra-Pure Medical Grade Lanolin to soften lips, and organic lemon oil to naturally exfoliate, your pout is left feeling fresh, soft and supple. Stash it in your tote this winter and enjoy its refreshing lemon "zing".

3 WOOLWORTHS SELECT QUICK & EASY NAIL POLISH 30 REMOVAL WIPES, \$2.

There are no excuses for chipped nails. Remove old varnish on the go with these easy-to-use wipes. Free from acetone and scented with aloe vera, they're gentle yet effective and perfect to pop in your gym bag or desk drawer.

4 L'ORÉAL PARIS VOLUME MILLION LASHES SO COUTURE, \$27.95.

Bat a fuller flutter with Volume Million Lashes So Couture, the latest addition to L'Oréal Paris's Volume Million Lashes range. Delivering clean, clump-free volume and the finest silky formula, the precise brush has 408 mini bristles to capture and extend each individual lash. Position the wand at the roots and zigzag to the tips, to amp up your glamour factor.

5 ESTÉE LAUDER REVITALIZING SUPREME GLOBAL ANTI-AGING CREME, \$80[†].

With the cooler weather here and heating turned up high, it's time to look at shaking up your skincare routine. This hard-working, luxe cream from Estée Lauder works to soften skin, smooth lines and boost luminosity - all while addressing your specific anti-ageing concerns. Now that's clever. Use day and night after cleansing. Suitable for all skin types.

6 JOHN FRIEDA BEACH BLONDE COOL DIP PURIFYING SHAMPOO, SMOOTH SEAS DETANGLING CONDITIONER AND OCEAN WAVES SEA-SALT SPRAY, \$16.99 EACH[†].

Don't be misled by the name - not just for blondes or summer, anyone can get gorgeous beachy waves all year round, thanks to this three-step regimen. To start, gently wash away grime and product build-up with the shampoo. Follow with the lightweight and nourishing conditioner to restore shine and manageability. We love the cult Sea-Salt Spray - back due to popular demand - with its incredible hair-tousling, sea salt-infused formula and delicious coconut fragrance.

7 NEUTROGENA HYDRO BOOST MASK FOR INTENSE HYDRATION, \$25[†], AND MAKE-UP REMOVER CLEANSING TOWELETTES, \$3.99.

Take some time out to treat your skin with a hydrating mask. Packed full of moisture-loving hyaluronic acid, this easy to use and mess-free cloth mask will instantly restore hydration to parched complexions. PS: We know you love these handy wipes as much as we do, so we included them again to help wipe away make-up and prep skin before your mask.

[‡]Products shown are full-size. [†]In The Parcel by marie claire you will receive deluxe-size samples.

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fashion

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slug

She wears: white dress, \$799, and belt both by Ginger & Smart; veil by Hatmaker. He wears: black leather jacket (worn throughout), \$2050, by Acne Studios; white T-shirt (worn throughout), \$25, by Bonds.



sweet REBELLION

Seductive lace vies with boyish tailoring in a sensual mix that calls to mind the provocative spirit of the late '50s. It's fashion's new love story

PHOTOGRAPHED BY DAVID MANDELBERG STYLED BY JANA POKORNY





Ivory/black/green check coat, \$6000, by Christian Dior; sunglasses from The Vintage Clothing Shop. Opposite page, she wears: black/white wool jacket, \$5350, blue/red stripe turtleneck top, \$1010, and denim trousers, \$2580, all by Louis Vuitton.







She wears: ivory/black/burgundy knit, \$2450, by Gucci; black cropped pants, \$449, by IRO. Opposite page, she wears: striped knit turtleneck, \$349, by IRO; black trousers, \$564, by Karla Špetic. He wears: denim jeans (worn throughout), model's own.

Cream coat,
\$1950, by Ellery.









She wears: black/white tweed jacket, \$60, by Uniqlo; pale blue lace blouse, \$395, by Lover; black cropped pants, \$429, by Carla Zampatti.
He wears: camel pea coat, \$650, by Saba.
Opposite page, she wears: navy print dress, \$3295, by Burberry.

She wears: black silk dress, \$2580, by Prada. He wears: camel pea coat, \$650, by Saba. Opposite page, she wears: burgundy blazer, \$1099, by IRO; white shirt, \$129, by Polo Ralph Lauren; black cropped pants, \$850, by Ellery. See Directory for stockist details. Hair by Jenny Kim/M.A.P using Shu Uemura Art of Hair. Make-up by Sarah Tammer/Creative using Nars at Mecca Cosmetica. Props styled by Lydia-Jane Saunders/Lydiajanesaunders.com. Models: Noam/Chic; Conrad/London Management. Special thanks to Hornsby Ku-ring-gai Bus Co.







J E W E L P U R P O S E

Bold jewellery lends minimalist designs a sharp stroke of drama. More than just a finishing touch, precious statement pieces are the new focal point

PHOTOGRAPHED BY STEPHEN WARD STYLED BY JANA POKORNY



Turtleneck top, \$40, by Uniqlo; earrings by H&M.
Opposite page: shirt, \$395, by Bassike; tie-front
pants, \$290, by Verner; suede boots by Saint
Laurent at Miss Louise; cuff by Elsa Peretti at Tiffany
& Co; necklace by Balenciaga at Mytheresa.com.



Silk wrap blouse, \$350, by camilla and marc; earrings by Joseff of Hollywood at Harlequinmarket.com. Opposite page: dress, \$1250, by Max Mara; ceramic hairpiece by Ellery.







Kimono jacket, \$595, by Bassike; ivory turtleneck top, \$50, by Uniqlo; belt stylist's own; on model's left hand: cuffs all by Silver Plume Gallery; on model's right hand: small bracelet by Silver Plume Gallery; large cuff by Four Winds Gallery. Opposite page: tunic top, \$660, and pants, \$990, both by Ellery; necklaces both by Joao Vaz; earring model's own.



Pinafore dress, \$1750, by Ellery; turtleneck top, \$40, by Uniqlo; on model's left hand: rings both by Silver Plume Gallery; on model's right hand: ring by Four Winds Gallery. Opposite page: jumpsuit, \$1500, by Zimmermann; shirt, \$360, by Bassike; necklace by Hermès. See Directory for stockist details. Hair by Koh/Creative for O&M. Make-up by Sarah Tammer/Creative using Chanel. Manicure by Fiona Hay/Union Management. Models: Alesha/Work Agency; Alice/IMG.



AUTUMN/WINTER RUNWAY REPORT

the style set

From the minimalist to the modern eccentric – six distinct personalities emerged from the recent international shows. Which trend tribe are you?



ACNE
DRESSENTOEN
STELLA McCARTNEY
LOUIS VUITTON



ACNE

URBAN WARRIOR

Stark black & white marry an abundance of neutral tones and utilitarian textures for stylistic synergy. Add a cinched waist and layers of luxe fabrication to ensure the silhouette and the attitude is on point.



ISABEL MARANT

FENDI

TOD'S

SACAI

TOMMY HILFINGER

ON THE
STREET



GORUNWAY/SNAPPER MEDIA; SPLASH; YOUNGJUN YOO/LIKERISH/SNAPPER MEDIA



BOWER BIRDS

From New York to Milan the philosophy was clear – more is more – and who are we to argue? Indulgent and vibrant, this trend is both eclectic and eccentric. So forget the rulebook, go ahead and feel the fashion freedom. ▷



ON THE STREET



ON THE
STREET



DARK DAMES

Black is the new black, or so the sartorial slogan goes. This time, though, there's a heavy helping of girl amid the goth, making for an inspired update on the heady top-to-toe hue.



UPTOWN GIRLS

Delightfully demure, this look is served best with a side of confidence and dash of dapper. Dresses are worn to the knee, even if they feature a thigh-high split, and that's exactly the duality that defines this season's new sophistication. ▷





ELECTRIC INGENUES

With a keen sense of irreverence and wit, baby-doll dresses and assorted candy coloured frocks filed down the international runways. Right for day or for night, there's a certain charm to these *Lolita*-esque looks. □

ON THE
STREET

PHOTOGRAPHED BY GORUNWAY/SNAPPER MEDIA; SPLASH; YOUNGIU YOO/IKERISH/ SNAPPER MEDIA; VALENTINA FRUGUE/IBI AUBLUT/SNAPPER MEDIA; SANDRA SEMBURG/IBI AUBLUT/SNAPPER MEDIA. COMPILED BY JANA POKORNÝ. TEXT BY BREE MCDONALD



marie claire

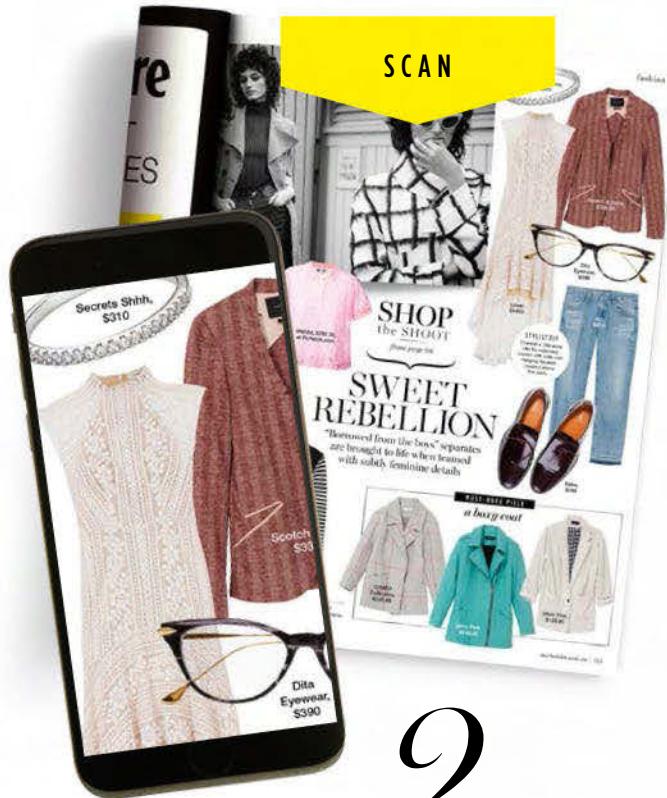
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the SHOOT
from page 96

SWEET REBELLION

“Borrowed from the boys” separates are brought to life when teamed with subtly feminine details



MUST-HAVE PIECE

a boxy coat



SHOP THE PAGE

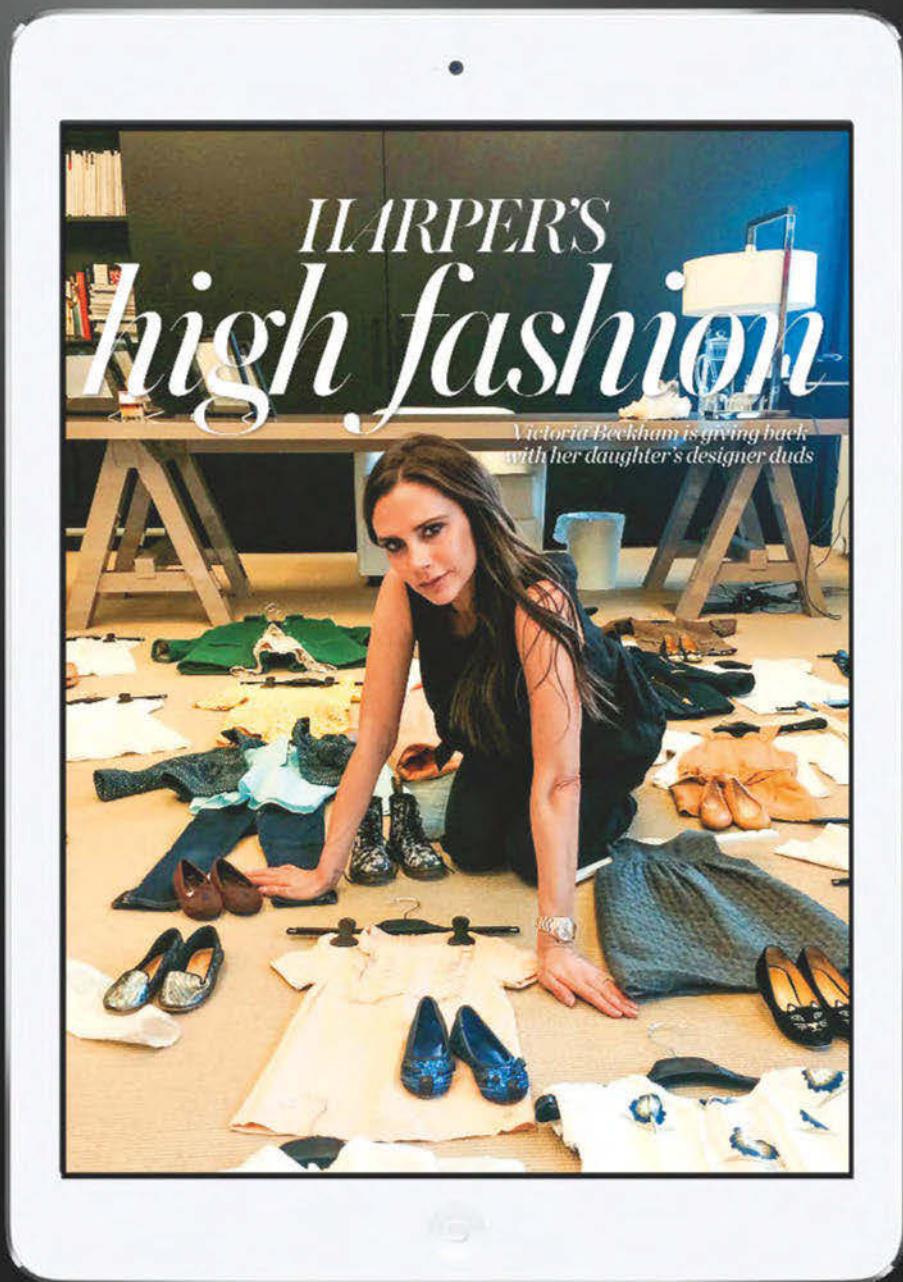
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SHOP the SHOOT
from page 108

JEWEL PURPOSE

A palette of subtle shades in fuss-free silhouettes let your accessories do all the talking

STYLIST TIP
Opt for quieter colour combos and anchor sweet shades with black for maximum impact.

FINISH UP WITH ...
an architectural cuff

SHOP THE PAGE

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SEE DIRECTORY FOR STOCKIST DETAILS. PHOTOGRAPHED BY PHILIP LE MASURIER; STEPHEN WARD. COMPILED BY TARA MORRIS

Country Road, \$79.95

YB Jaime, \$220

Dinosaur Designs, \$120

Marimekko, \$399

H&M, \$169

Georgia Alice, \$323

Topshop, \$40

Peter Lang, \$79

ManiaMania, \$280

camilla and marc, \$470

COS, \$150

J Brand, \$470

101 ideas

Spring into spring dressing with our guide to looking stylish in stripes



the look: PATTERN PLAY

Shirt, \$420, by Karen Walker; skirt, \$59.95, by Mink Pink; shoes, \$229, by Senso; earrings, \$475, by Marni; bag, approx \$400, by Repetto. 1 Top, \$80, by Topshop; dress (worn underneath), \$99, by Black By Geng; earrings, \$105, and bangles, from \$55 each, all by Dinosaur Designs. 2 Knit, \$135, by Cue; culottes, \$199.95, by C/MEO Collective; belt, \$249, by Lee Mathews; shoes, \$239, by Senso; earrings, \$85, rings, from \$50 each, all by Dinosaur Designs. 3 Shirt, \$240, by Alice McCall; turtleneck knit, \$69.95, by Zara; skirt, \$399, by Marimekko; earrings, \$12.95, by H&M; rings, \$50 each, both by Dinosaur Designs. 4 Top, \$106, by Topshop; pants, \$239, by Veronika Maine; sunglasses, \$295, by Karen Walker; scarf, \$370, by Paul Smith; bangles, \$75 each, all by Dinosaur Designs.



STYLE TIP

A striped garment in a textural fabric feels less literal, and keeps this fashion favourite feeling modern.



1

3

4



101 ideas

the look: NOUVEAU NAUTICAL



Coat, \$89.95, by H&M; dress, \$350, by By Johnny; earrings, \$189, by Christie Nicolaides; bracelets, from \$135 each, all by Punjaban Diva. **1** Top, \$129.95, by Scotch & Soda; shirt, \$220, by Jac + Jack; pants, \$190, by Shona Joy; shoes, \$99.95, by Sol Sana; large bangles, \$129 each, both by Christie Nicolaides; bangle with blue stone detail, \$90, and bangle with green stone detail, \$170, both by Punjaban Diva. **2** Knit, \$399, by Nicholas; dress (worn underneath), \$99, by Black By Geng; earrings, \$191, by Punjaban Diva. **3** Coat, \$225, by COS; knit, \$160, by Saba; skirt, \$260, by Shona Joy; ring, \$175, by Elizabeth Jean; bag, \$70, by River Island. **4** Shirt, \$269, by Lee Mathews; skirt, \$260, by Bec & Bridge; shoes, \$90, by Converse; cuff, \$269, by Christie Nicolaides; bag, \$299, by Saba.

the look:
LUXE LUREX

101
ideas

Dress, \$289, by Veronika Maine; jacket (tied at waist), \$299, by We Are Kindred; shoes, \$240, by Reebok; earrings, \$249, by Samantha Wills x Ae'lkemi. **1** Knit, \$329, by Georgia Alice; pants, \$369, by Ralph Lauren; small bracelet, \$139, by Amber Sceats; large bracelet, \$229, by Elizabeth Jean. **2** Blazer, \$159, by Zara; shirt, \$139.95, by Scotch & Soda; shorts, \$290, by Penny Sage; shoes, \$169.95, by Florsheim. **3** Shirt, \$99.95, by Sussan; pants, \$49.95, by Zara; ring, \$119, by Amber Sceats. **4** Top, \$359, by IRO; pants, \$459, by Georgia Alice; boots, \$249, by Senso; scarf, \$370, by Paul Smith; ring, \$175, by Elizabeth Jean.





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marie claire
man

—THE—
PARCEL

SPECIAL DELIVERY FOR HIM

Be the first to receive this special edition of **The Parcel** by *marie claire man*. Curated by our beauty editors, **The Parcel** by *marie claire man* brings together grooming must-haves for modern men. From shaving to hairstyling and fragrance, you'll receive deluxe samples and full-sized products from leading brands.

Don't miss out on **The Parcel** by *marie claire man*. This limited-release **The Parcel** will be delivered in August.

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FOR HIM**

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”

Alex Noonan
marie claire
beauty director



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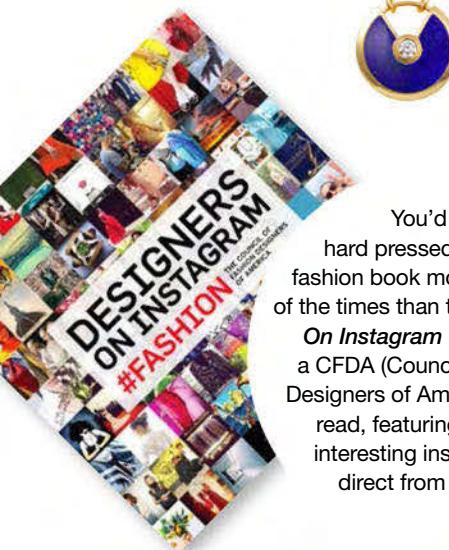




CHARMED, I'M SURE

Cartier explores a softer side with its new bejeweled collection, Amulette de Cartier. Featuring materials such as opal and onyx, the emphasis is on the stones' natural attributes. Ringed in gold with a diamond in the centre, the amulette range is available in fine chain necklaces, statement rings and drop earrings, available now.

Cartier,
from
\$3200



POST IT

You'd be hard pressed finding a fashion book more indicative of the times than this. *Designers On Instagram #fashion** is a CFDA (Council of Fashion Designers of America) curated read, featuring the most interesting insta imagery direct from the app.



Alessandra Rich is on our radar! Italian-born and British-based, this designer has us swooning for her new evening aesthetic.



One of the runways' most obvious accessory trends was the excess of earrings. So get creative and adorn yourself – on, from, and atop the ear – for maximum effect.

what's new



BEST FOOT FORWARD

Currently the fashion world is enjoying a renewed vision at the house of Gucci. Alessandro Michele, the brand's new creative director, is channelling the label's signature sexy in bold new ways. With a focus on accessories, we couldn't help but share these snuggly slingbacks with you.

Gucci,
\$1360



BAGS OF STYLE

New Australian label Alila sets a moody tone for its launch collection, "Downtown Dreamers". Chic leather shapes in a mostly monochrome palette dominate the range, allowing for easy integration into your existing wardrobe. Visit alilathelabel.com to view all the pieces.

INSIDE THE WORLD OF camilla freeman- topper

High and low, *casual and cool*, motherhood and business ... *camilla and marc's creative director* makes the juggling act look so easy

Unsurprisingly, Camilla Freeman-Topper has a lot of *camilla and marc* in her wardrobe. As the brand's creative director (her brother Marc handles the business side), she has designs dating all the way back to the label's first collection in 2003; favourite dresses worn to countless parties, sleeveless coats and jersey trenches from her diffusion line *C&M camilla and marc*, and piles and piles of worn-in, much-loved knitwear, all of which she has spread out like a sumptuous fashion buffet on the day of our shoot. "But I would never wear anything head-to-toe," she says. "I always mix [other labels] back in."

Achieving that balance – *camilla and marc* staples thrown together with a *Balmain* jacket or a *Stella McCartney* skirt – is something Freeman-Topper, also an ambassador for *Nespresso*, has down to a fine art. "I buy lots of investment pieces that I know are timeless," she says. Polished, classic pieces with a modern twist are what catch her eye, and she has a weakness for outerwear. "[I buy] so many blazers," she admits.

Recently, Freeman-Topper has found herself gravitating to more laid-back styles. "I think you take yourself a

SIGNATURE STYLE

It's all in the mix when it comes to Camilla Freeman-Topper's look. She blends items from her own label with classic pieces from *Balmain* and *Stella McCartney*.

little bit less seriously when you're a mum," says the mother of three. But if Freeman-Topper's look has loosened up, her physical wardrobe hasn't. Organised and regimented, she arranges every clothing item in her spacious walk-in wardrobe by category and by colour (with special sections for jewellery and her favourite accessories, such as a vintage *Louis Vuitton* weekend bag passed down from her mother). "Everything has its place," she laughs. "I'm very particular about things like that."





1 "Whenever I travel I always take a hat with me. I particularly love the beautiful grey colour of this Saint Laurent one."

2 "I wear a lot of gold costume jewellery. One of my favourites is this Balmain necklace. I love wearing it with a structured blazer and a midi-length skirt. The bag is the perfect little evening clutch by Valentino."

3 "This is an old camilla and marc piece. It's one of my prized possessions. It's really feminine and a departure from my everyday style, so it feels special."

4 "I don't generally wear heels during the day unless I'm in meetings because I've got the kids and it's not that practical. But these strappy ones from our resort collection are exactly what I love to wear at night. Very sexy."

5 "I bought this Goyard weekender for myself as a present right before I had my son. We go away a lot to the country and it represents everything that I love: weekends away and family. It makes a getaway more chic."

6 "I sourced this Balenciaga jacket from Sydney boutique Parlour X."

7 "Every single night I burn candles. It's a little bit mental. We've just made some of our own: [My brother] Marc's is quite woody and mine is floral."

8 "These are my signature glasses. It's hard to find good glasses, so when you find a pair you like in a shape that suits you, stick to it. These are Tom Ford and I've gone through a few pairs."

9 "I like to collect coffee-table books. On weekends, when the kids are asleep, I like to look at them. It's a way of unwinding and escaping."

10 "My husband bought me this Chanel 2.55 bag for my birthday. He definitely did not pick it himself ... we chose it together."

I don't wear it very often, but I love it. It's something I'll pass on to my daughter one day."

want more?
Visit marieclaire.com.au to see the top five pieces Camilla Freeman-Topper is coveting this month.





↑
Jana Pokorny
FASHION
DIRECTOR



1 Eres, \$491, at Net-a-porter.com.
2 Axel Mano, \$359, at Hunt Leather. 3 KITX, \$495. 4 Céline, \$427, at Matchesfashion.com.
5 Nicholas Kirkwood, approx \$1135, at Modaoperandi.com.



↑
Tara Morris
MARKET
EDITOR



1 H&M, \$49.95.
2 Valentino Garavani, approx \$240, at Farfetch.com.
3 Cecilie Copenhagen, \$295, at Parlour X.
4 Koku, approx \$310, at Shopbop.com.
5 MSGM, \$392.08, at Net-a-porter.com.

— escape plan —

Want to know *what the fashion team packs* for a winter break?
From sandals to swimwear, here's what makes a *glamorous getaway*



↑
Bree McDonald
JUNIOR FASHION
& NEWS EDITOR



1 Christie Nicolaides, \$189. 2 'S Max Mara, \$221, at Matchesfashion.com. 3 H&M, \$39.95. 4 Uniqlo, \$69.90.
5 Tomas Maier, \$442, at Matchesfashion.com.



↑
Chloe Finley
FASHION
EDITOR



1 Kate Sylvester, \$225. 2 Nerida Winter, \$275.
3 Rachel Comey, \$335, at Matchesfashion.com. 4 Ephemera, \$250. 5 Ray-Ban, \$279.95.



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Oasis, \$54.95, at Theiconic.com.au

STYLE TIP

Introduce a shoulder bag with extra zing for a gentle nod to this high-impact style cue.



Supré, \$40



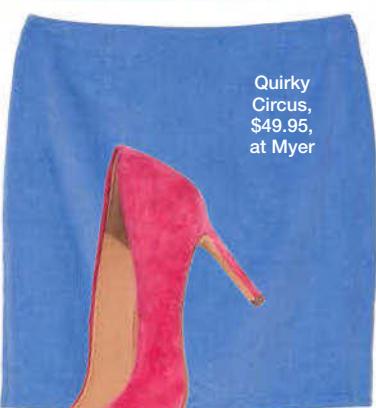
Aldo, \$24.95, at Theiconic.com.au



H&M, \$39.95



Quirky Circus, \$49.95, at Myer



H&M, \$69.95



The Fifth, \$79.95



Boohoo.com, \$32

under \$100

Hit refresh on your wardrobe and style yourself in extra *sweet separates* and *saturated hues* for maximum impact



ROKSANDA PRE-FALL 2015



Target, \$40



New Look, approx \$40



Oasis, \$99.95



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IT'S TIME TO
MAKE
WAVES

CREATE YOUR OWN WAVES WITH THE NEW
TRESemmé PERFECTLY (un)DONE COLLECTION



TOP TIP:

“If you’re looking to CREATE CURLS with a more *patterned finish*, you can ALTERNATE with two *different-sized* curling barrels for elevated *texture*”

JEANIE SYFU, TRESemmé STYLIST

MAKING WAVES: HOLLYWOOD GLAM

CHANNEL THE SCREEN SIRENS OF OLD HOLLYWOOD WITH THIS ULTRA-SLEEK, FULL-BODIED LOOK

Want polished, glamorous waves for that special occasion? TRESemmé's new PERFECTLY (un)DONE collection puts the power of professional expertise at your fingertips to help you achieve a stunning look that lasts all evening. Waves Creating Sea Foam creates the perfect canvas for beautiful waves by infusing strands with Sea Kelp extract for nourished yet lightweight hair. Ultra-Brushable Hairspray locks in the style and protects it from frizz, without stiffness or stickiness. Use with the collection's styling products for a sleek finish and glamorous waves that last.

STEP 1: SET THE SCENE

Apply **TRESemmé PERFECTLY (un)DONE Waves Creating Sea Foam** to damp hair from the roots to the tips. Flip your hair over and blow-dry, using your hands to pull your hair in different directions.

STEP 2: TAKE CONTROL

Once your hair is almost dry, begin round-brushing to "polish" the strands and create volume and lift at the roots. Create a deep side parting and spray your hair with **TRESemmé PERFECTLY (un)DONE Ultra-Brushable Hairspray** to tame any frizz.

STEP 3: CREATE

Begin barrel-curling your hair parallel to your parting using a curling iron. Clamp sections of hair from the mid length downward in order to create volume at the ends, wrapping hair around your finger and curling down to the ends as it cools. Then clip in place to set.

STEP 4: FINISH

Allow your hair to cool, then release the clips. Using a wide-toothed comb, soften your curls by lightly pulling the comb through, then framing the waves around your face. When you're happy with the arrangement of your waves, spray with **TRESemmé PERFECTLY (un)DONE Ultra-Brushable Hairspray** for long-lasting control.

FOLLOW TRESemmé ON INSTAGRAM
OR VISIT TRESEMME.COM.AU.



TRESemmé PERFECTLY (un)DONE Waves Creating Sea Foam, \$8.99, and Ultra-Brushable Hairspray, \$8.99.

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*Within skin's surface layers



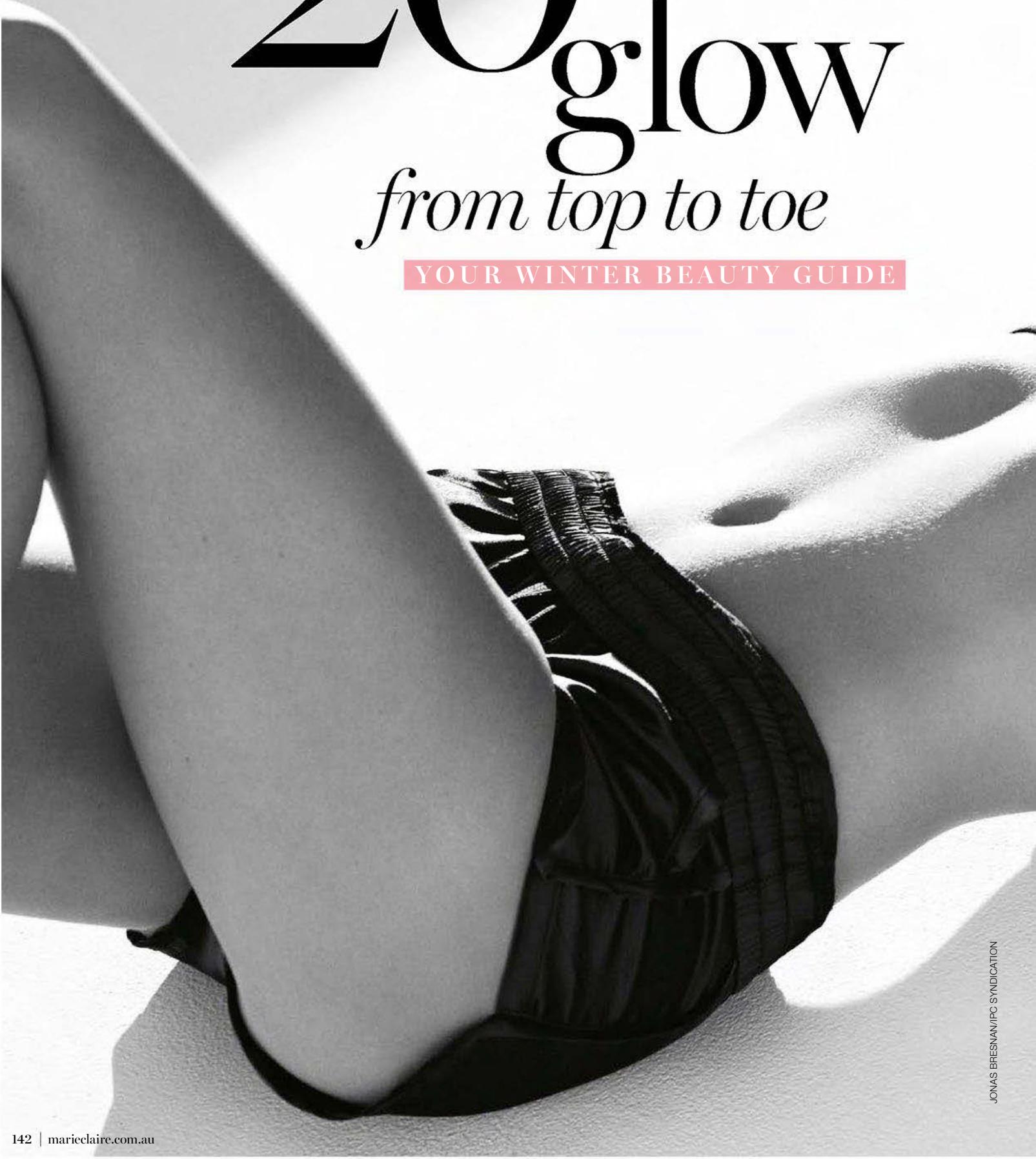


beauty

marie claire

20 ways to glow *from top to toe*

YOUR WINTER BEAUTY GUIDE





From bathing to berry lipstick, scrubs to supple strands,
give winter the *cold shoulder* with our pick of the
season's coolest skin, body, hair and make-up tips.

By Lucy Adams & Sherine Youssef



love your limbs

Tucked away under winter clothing, you might think your arms and legs are protected from dehydration, but they're not. Dove expert Marina Beech advises moisturising straight after bathing. If you have oily skin, opt for **Vaseline Intensive Care Spray Moisturiser, \$9.99**, or treat dry skin with a balm like **Yes to Coconut Head-to-Toe Restoring Balm, \$14.99**. Sensitive skin? Try **Avène XeraCalm A.D Lipid-Replenishing Cream, \$37.95**.

BODY

How to soothe and smooth your skin



TOP TIP:
Exfoliate and boost circulation with dry body brushing. Start at the feet and work up your figure using light strokes, paying attention to problem areas, such as thighs and buttocks. We like **Elemis Body Detox Skin Brush (left), \$85.**

5 TO TRY: scrubs

To keep your skin barrier in optimum health, speed up your circulation with a weekly exfoliation. Choose the best scrub for your skin concern ...



sensitive
Sodashi Jojoba Bead Body Polish, \$106.50



oily
The Body Shop Fuji Green Tea Body Scrub, \$29.95



mature
Sanctuary Spa Hot Sugar Scrub, \$19.99



dry
Burt's Bees Cranberry & Pomegranate Sugar Scrub, \$29.95



dull
Garnier Body Beauty Oil Scrub, \$11.95

PHOTOGRAPHED BY JONAS BRESNAHAN/IPC. SYNDICATION: EDWARD URRUTIA. *THE INFORMATION PROVIDED HERE IS GENERAL INFORMATION ONLY AND IS NOT INTENDED TO CONTAIN OR CONVEY MEDICAL ADVICE OR INSTRUCTION. ALWAYS CONSULT WITH YOUR GP OR OTHER APPROPRIATE HEALTHCARE PROFESSIONALS BEFORE TAKING ANY MEDICINE OR MAKING ANY CHANGES IN DIET, PHYSICAL ACTIVITY AND/OR DRUG THERAPY.



inner beauty

Danielle Steedman, from the Blackmores Naturopathic Advisory Service, shares her tips on how to stay beautiful on the inside*

dehydration: Up your water intake and consider incorporating a dedicated supplement into your diet that will "increase skin moisture by maintaining the integrity of the skin", she says. Try The Beauty Chef Hydration Inner Beauty Boost Elixir, \$39.95.

circulation: Chilly hands and feet are often the result of reduced peripheral blood circulation, explains Steedman; vitamin E or ginkgo can support and keep your extremities a little warmer. Try Bioglan Ginkgo Biloba (above), \$43.95 for 100 tablets.

vitamin D: Shorter, darker days mean less sunshine, and possibly lower vitamin D levels, which may impact immunity and "increase the risk of common cold and upper respiratory tract infections", says Steedman. Try Blackmores Vitamin D3, \$27.99 for 200 capsules. ▷

FACE

Easy solutions for a glowing complexion

have dry skin? here's why ...

It's often the biggest culprit behind textural changes, flakiness and sensitivity. "The outermost layer of the skin, which is essentially made of lipids, is usually an effective barrier, sealing in moisture and preventing excessive water loss," says Nivea skincare expert Robyn Hutch. "During winter, the cold temperature and low humidity conditions break down this lipid layer and inhibit skin from retaining its natural moisturisation levels, so water evaporates faster from the surface." And, says Hutch, it's not just those with an innately dry skin that are at risk of a compromised skin barrier function: "This winter dryness can happen across all skin types, even those who usually have normal or oily skin."



winter dos & don'ts

DO: switch your skincare

You may need different formulas to get you through the season. Use gentle cleansers, a hydrating serum, and a richer face and eye cream twice a day – and post-shower – to lock in moisture while skin is still damp. Try: Nu'trir Nourishing Cleansing Oil (1), \$24.95; Clinique Turnaround Revitalizing Lotion (2), \$40; Chanel Hydra Beauty Micro Sérum (3), \$132; Philosophy Renewed Hope In A Jar Eye (4), \$55; Estée Lauder Resilience Lift Restorative

Radiance Oil (5), \$120; and Trilogy Replenishing Night Cream (6), \$53.95.

DON'T: take hot showers

True, nothing warms you quicker on a chilly morning, but it's not doing your skin any favours. "Scalding water can strip natural oils and dry out the skin," says Hutch. If you emerge from your shower with red skin, consider that a warning to turn down the heat.

DO: maintain your exfoliation regimen

It helps slough off dead skin cells and keeps the

surface smooth, allowing hydrating serums and moisturisers to effectively penetrate skin and do their job. Try Neutrogena Deep Clean Radiance Boosting Mulberry Daily Scrub (7), \$13.99. Or, if your skin is extra dry or sensitive, mix Josie Maran Argan Exfoliating Cleansing Powder (8), \$50, with a cleansing oil for a more nurturing buff.

DON'T: forget your lips

Because there are few things more unsightly than chapped, flaky lips, keep Lanolips Lemonaid Lip Aid (9), \$15.95, handy. ▶

"Drink plenty of water – it does wonders for your skin"

Robyn Hutch,
Nivea skincare expert

beauty



5 TO TRY:

masks

Cue up the DVD, settle in front of the fire, and put on one of these skin savers

dehydration

Éminence Organic Skin Care Strawberry Rhubarb Masque, \$91

dullness

Ren Glycolactic Radiance Renewal Mask, \$59

sensitivity

Bioderma Sensibio Mask, \$42.99

redness

Jurlique Nurturing Mask, \$80

flakiness

Elizabeth Arden Visible Difference Peel And Reveal Revitalizing Mask, \$55

SUN SMART

Don't even think about slacking off on your daily SPF. "Even though we can't see the sun on overcast days, UV rays still penetrate the clouds," explains Hutch. A moisturising sunscreen, like Nivea Q10 Plus Anti-Wrinkle Day Cream SPF 30+, \$19.55, pulls double-duty as a sunblock and extra dose of hydration.

WE LOVE:
micellar waters

Cleansing is when skin can be stripped of much-needed moisture. If your complexion feels tight post-cleanse, try switching to micellar water; instead of chemicals or detergents, these use tiny micelles (oil molecules suspended in water) to dissolve dirt and make-up. ▷



Sukin
Micellar
Cleansing
Water,
\$9.95



Simple Kind
to Skin
Micellar
Cleansing
Water,
\$9.99



Natio
Cucumber &
Aloe Micellar
Cleansing
Water, \$14.95

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“From cleansers and serums to moisturisers and eye creams, Myer has a huge range of value-for-money products to suit all customers, and all skin types”

CHARLOTTE QUICK,
CATEGORY BUYER – MYER



NATIO Restore Mature Skin Nurturing Night Cream 50ml, \$24.95;
DR. LEWINN'S Eternal Youth Day & Night Cream 50g, \$69.95.

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HAIR + MAKE-UP

Hot tips to stay on trend

TRY THIS: *treatments*

Don't underestimate the benefits of a weekly mask to transform parched lengths. Choose the best mask for your hair type



damaged

John Frieda Frizz Ease Miraculous Recovery Intensive Masque, \$16.99

thinning

Redken Cerafill Retaliate Hair Re-Densifying Treatment, \$49.95

coloured

Shu Uemura Color Lustre Brilliant Glaze Treatment, \$68

"Switch your sheer summer gloss for a creamy, hydrating lipstick in a deep shade of plum, wine or currant"

Ross Andrewartha,
Giorgio Armani's national
education manager

face facts

"Winter can have a huge impact on your skin, which in turn affects how foundation sits on your skin," says Ross Andrewartha, Giorgio Armani's national education manager, who suggests prepping with serum, moisturiser and primer first. Next, ensure your base product matches your *current* complexion, which is usually "one or two shades lighter than your summer foundation".

Givenchy Teint Couture
Long-Wearing Fluid
Foundation, \$80

WE LOVE: *berry lips*

This winter, try something deeper than what you usually wear. Opt for (from below left): **Giorgio Armani Rouge d'Armani** in 600, \$52; **Lancôme L'Absolu Rouge** in Rose Noire, \$50; and **Maybelline New York Color Drama Intense Velvet Lip Pencil** in Berry Much, \$9.95.



DAMAGE CONTROL

HAIRSTYLIST BARNEY MARTIN SHARES HIS TOP TIPS ON HOW TO KEEP YOUR HAIR LOOKING GOOD THIS SEASON

COOL OUTDOOR TEMPERATURES and warm indoor heating can wreak havoc on hair in winter, leaving it feeling dry, frizzy and brittle. Give hair a healthy and vibrant look and feel with nourishing Pantene Pro-V, and make your hair stronger and shinier from the inside out.

1 RESTORE HYDRATION

Indoor heating and outdoor cold can leave strands dry and the cuticle weakened, which may lead to breakage and split ends. Hydrating **Pantene Pro-V Daily Intensive Hair Masque** helps restore strength to fragile strands and makes locks smoother.

3 BOOST BRILLIANCE

Dehydrated surfaces are often uneven, causing light to reflect unevenly. The result: hair often looks flat and lacklustre in the cooler months. The conditioning Pantene Pro-V range restores hydration from the inside and leaves hair gleaming and silky.

2 CUT THE CLING

Less moisture in the air, plus constant friction against winter woollens, can leave already compromised, parched hair a frizzy and static mess. The nourishing formulas in **Pantene Pro-V Daily Shampoo** and **Conditioner** work well together to intensively moisturise, combat hair damage and prevent frizz without weighing hair down.

TOP TIP:

If *pressed* for time,
REPLACE your
conditioner with a
MOISTURISING hair
TREATMENT 1-2
times a week for
EXTRA conditioning
in winter.



THE EXPERT HAIRSTYLIST BARNEY MARTIN

Over his 25-year career, Barney has worked at international Fashion Weeks and with top publications, staying ahead of trends with his keen eye and deft hands.

LIQUID ASSET

For an instant hydration hit, Smashbox Photo Finish Primer Water, \$44, is packed with electrolytes and works under or over make-up – perfect for that 3pm pick-me-up.



5 TO TRY: eyes

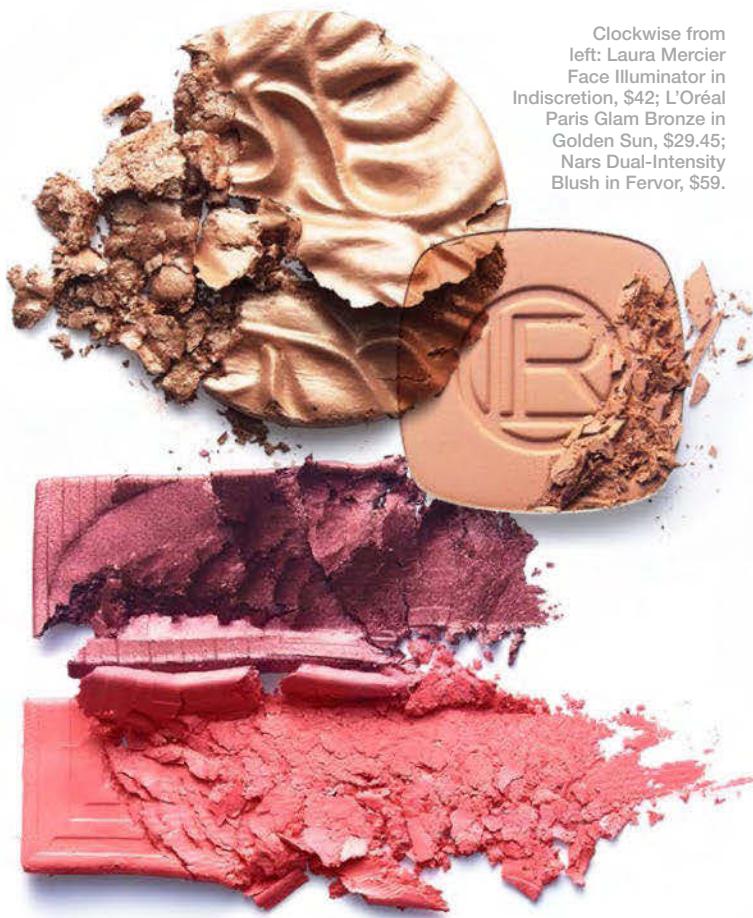
Warm autumnal shades work well at this time of year. Opt for a palette of purples, browns and copper eyeshadows and always fill and define brows for overall polish



1 YSL Beauté Dessin Des Sourcils Eyebrow Pencil in Glazed Brown, \$47. 2 Aveda Petal Essence Single Eye Color in Plumeria, \$24.95. 3 Rimmel London Exaggerate Waterproof Eye Definer in Ripe Plum, \$12.50. 4 Dior 5 Couleurs Eyeshadow Palette in Ambre Nuit, \$103. 5 Revlon PhotoReady Eye Art Lid+Line+Lash in Burnished Bling, \$21.95.

on with the glow

Utilise bronzer to warm up a pale complexion, trade your coral summer blush for a matt plum or warm pink shade, and finish with highlighter on the high points of the face (bridge of the nose, top of the cheekbones, brow bones, and inner corners of the eyes) to add a soft sheen.



Clockwise from left: Laura Mercier Face Illuminator in Indiscretion, \$42; L'Oréal Paris Glam Bronze in Golden Sun, \$29.45; Nars Dual-Intensity Blush in Fervor, \$59.

“The colours in nature change with the seasons – and so should your make-up”

Ross Andrewartha,
Giorgio Armani's national
education manager

strand savers: dos & don'ts

Avoid seasonal hair frizz and breakage by following these tips from Jessica Longhurst, artistic and technical director at Oscar Oscar, Robina, Qld

DO: change your haircare to suit colder climates

Consider hydrating formulas such as L'Oréal Paris EverCrème Moisture System Nourishing Shampoo, \$15.95, and Pantene Daily Moisture Renewal Intensive Hair Masque, \$9.99.

DON'T: fight the elements

Embrace your natural texture by spraying TRESemmé Perfectly (UN)Done Wave Creating Sea Foam for Soft Waves, \$8.99, onto damp hair before styling.

DO: take care of your scalp

Dandruff and irritation can be more common in winter. Try scalp-specific products like Clairol Professional Anti-Dandruff Shampoo, \$16.90, and Goldwell Dualsenses Scalp Specialist Sensitive 60sec Treatment, \$26.95.

DON'T: Get stuck in a hair colour rut

Winter is a great time to refresh your hue as your tone won't fade as quickly as it might in summer.

DO: add lustre with an enriched oil

like Kérastase Elixir Ultime, \$55, or a gloss such as Charles Worthington Shine Booster All Over Gloss Spray, \$15.99. □



WINTER HELPERS

FACE THE WINTER SEASON WITH
CONFIDENCE WITH PANTENE PRO-V

PAMPER PARCHED WINTER hair with nourishing Pantene Pro-V Daily Shampoo and Conditioner 350ml, \$7.99 (each) and Intensive Hair Masque 300ml, \$9.99. The clinically proven Pantene Pro-V formula protects hair against irreversible damage, and nurtures from the inside out - all with a lightweight feel. Used as a three-part routine, the hydrating formula leaves hair noticeably shinier, stronger and healthier.



“Incorporating a conditioning treatment into your haircare regime is an effective way to keep hair moisturised and combat any hair damage this winter”

BARNEY MARTIN,
EXPERT HAIRSTYLIST



VISIT PANTENEPROMISE.COM.AU.

estee lauder.com.au © 2015 Estée Lauder Inc. in vitro testing
*Beauty UPDATE Total Anti-Ageing Treatments (Department Stores) CY2014 Rankings

ESTÉE LAUDER

THE NIGHT IS YOUNG

ADVANCED NIGHT REPAIR

No matter what keeps you up,
Advanced Night Repair keeps you beautiful.

Lack of sleep can disrupt the nighttime rhythm of repair that keeps skin looking young. Experience the only serum with ChronoluxCB™ that helps support skin's natural resynchronization* to encourage repair. Skin looks healthier, more radiant.

Think of it as "beauty sleep in a bottle."

Australia's
#1 Repair
Serum[†]



REFRESHING HYDRATION

EXPERIENCE BEAUTIFULLY CLEAN, DEEPLY*
NOURISHED SKIN THAT LOOKS AND FEELS
AMAZING WITH DOVE AQUA MOISTURE

TREAT YOURSELF TO a little luxury every day with Dove Aqua Moisture Nourishing Body Wash. With Dove's breakthrough Go Fresh formulation, it cleanses the skin while delivering moisture deep* down. And that heavy, greasy feeling that often accompanies an intensive moisturiser? It's a thing of the past. Dove Aqua Moisture contains a unique Go Fresh formulation that leaves skin feeling light and refreshed – exactly how it should after showering.

TOP TIP:
Keep your
SHOWERS short
(around five to 10
minutes). Long,
hot showers can
strip your skin of its
ESSENTIAL OILS.

Dove


MYDOVE.COM.AU

*Within skin's surface layers



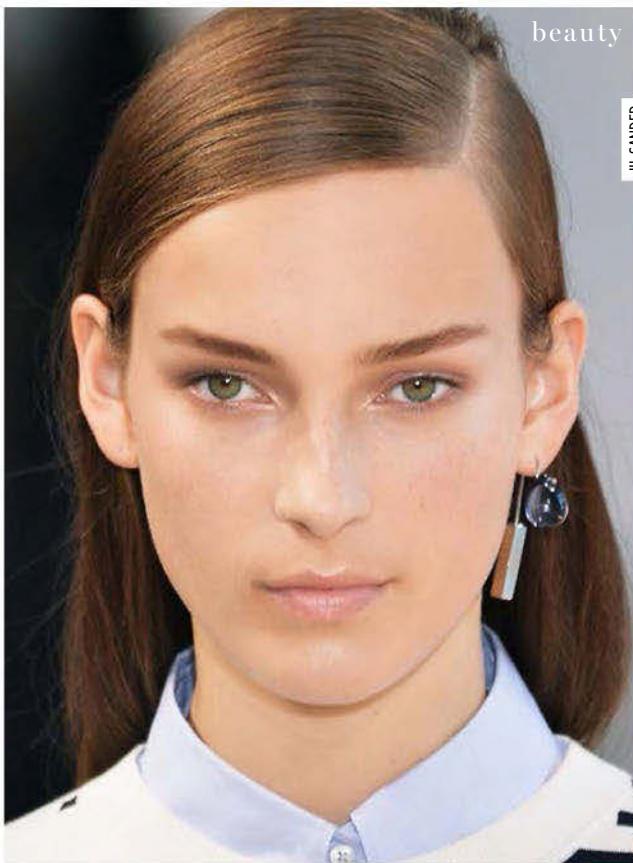
BASE CAMP

As the temperature drops, there's no need to ditch full coverage foundation for fear of flakiness. The lightweight L'Oréal Paris Infallible 24H-Matte Foundation and Mattifying Primer, \$29.95 each, are made up of one-third water to help maintain moisture.

We can't go past the lash-loving formula and thick brush in Rimmel London Wonder'full Wake Me Up Mascara, \$17.95.

**FRESH FACED**

If oiliness is a concern, then you'll love the deep clean that Neutrogena Hydro Boost Moisturising Foaming Cleanser, \$14.99, offers – plus your complexion will thank you for the extra hydration hit in winter.

**GLOW GET 'EM**

Achieve a lit-from-within radiance with the help of Lancôme Absolue Sublime Rejuvenating Essence Foundation, \$140. The blend of active ingredients, subtle tint and unique brush applicator treat your skin while providing a luminous finish.

SMOOTH OPERATOR

The blend of antioxidants and light-diffusing technology in Elizabeth Arden Prevage Anti-Aging Wrinkle Smoother, \$99*, helps hide tiredness, dark circles and fine lines around your eyes (plus, prepares the area for make-up).

**what's new****SHEER THING**

From runway to red carpet it's hard to miss the make-up moment of the season: nude. Maybelline New York The Nudes Palette, \$25.95, will be your go-to palette to create beautiful looks for any occasion.

**FRESH PICKS**

Give winter the cold shoulder with these fruity, floral and fresh fragrances

1 Fun & refreshing:

Chanel Chance Eau Vive EDT 100ml, \$184. **2 Flirty & feminine:** Prada Candy Kiss Florale EDT 20ml, \$49.

3 Sophisticated & subtle:

Bulgari Eau Parfumée Au Thé Blanc 75ml, \$112.

4 Sexy & crisp: Gucci Bamboo EDP 75ml, \$145.

TRIED & TESTED

winter treatments

Beat the winter chill and soothe *dry, flaky skin* with one of these *pampering spa sessions*

1

the fast fix

Ella Baché Extreme Hydration Rapid Results Treatment

They say: "Experience extreme skin regeneration and rehydration with this 30-minute intensive rapid-results treatment. Innovative formulas deliver optimal skin health in a minimal amount of time."

We say: "Supple skin in 30 minutes? Sign me up. The treatment began with a quick cleanse followed by a two-step exfoliation process. Then, a cool cloth mask soaked in a serum suited to my skin was applied for 10 minutes, while I received a soothing hand massage. Post-treatment, my skin glowed and looked plump. This is the perfect way to spend your lunch break."

Cost: From \$85 for 30 minutes. Visit ellabache.com.au for spa locations.

2

the glow getter

Elizabeth Arden PRO The Prescription Facial with Omnilux

They say: "This skin-enhancing facial incorporates a relaxing massage with a replenishing mask to firm, hydrate and exfoliate without a chemical peel."

We say: "The stand-out feature was the use of Omnilux – an LED light that claims to penetrate deep into the dermis to plump up sagging skin and provide an 'I've been jogging' flush. I lay under the light for 20 minutes (it feels as though you're on a beach, without harmful UV rays) and my skin was beaming with health. The perfect pick-me-up for boosting radiance."

Cost: \$150 for 60 minutes. Visit truesolutions.com.au for spa locations. ▷

A LETTER OF LOVE

DON'T YOUR UNDERARMS DESERVE TO
FEEL AS BEAUTIFUL AS THE REST OF YOU?

Dear underarms,

We know you've been going through a tough time. You've been unappreciated, even mistreated. It's the pits. But we're here to turn that around. We know you have feelings, and we want you to know we care.

YOU DESERVE BETTER

You deserve the care and attention that other skin enjoys, to look and feel beautiful. That's why we're here. Dove is the only anti-perspirant and deodorant with $\frac{1}{4}$ moisturising cream to help you recover after shaving - and stay softer, smoother and beautifully fresh all day. With a little love from Dove, you'll have the protection you need, plus the skincare you deserve.

DOVE with
 $\frac{1}{4}$ moisturising
cream keeps
skin beautifully
fresh, dry and
comfortable all
day, every day.

Sincerely,
Dove



3

the body hydrator

Endota Spa Body Moisturise Treatment

They say: "75 minutes of skin-quenching, moisturising bliss that will leave your skin soft and hydrated."

We say: "My limbs, torso and arms were buffed with a gentle-yet-effective honey-based scrub, followed by application of nourishing yoghurt (disclaimer: it is cold!) to infuse moisture. While wrapped in a cocoon, I'm given a heavenly head massage while the yoghurt soaked into my skin. A quick shower followed and the treatment finished with an aromatherapy massage that left my body baby smooth."

Cost: \$140 for 75 minutes. Visit endotadayspa.com.au for spa locations.

4

the spot remover

Dermalogica BioSurface Peel

They say: "This peel addresses a diverse array of conditions that include reducing skin roughness and the appearance of fine lines, as well as helping to treat hyperpigmentation, pseudofolliculitis [razor bumps], and acneic inflammation."

We say: "Due to the cold, my skin has been particularly dry of late, so a quasi-chemical peel without side effects was timely. Post peel, my skin tone improved and my complexion felt soft and refreshed. The post-procedure follow-up was first class, so there was no redness or flaking, which was my biggest fear."

Cost: \$185 for 60 minutes. Visit dermalogica.com.au for spa locations.

6

the stress reliever

L'Occitane Relaxing Aromachologie Massage

They say: "Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and ease tensions."

We say: "As I step inside the spa and clock the terracotta tiles, white-washed walls and wooden floorboards, it's hard to tell if I'm in Perth or Provence. My treatment starts with a footbath infused with Aromachologie Relaxing Bath Salts, before I settle facedown on the bed and inhale the instantly soothing scent of lavender, a bouquet of which has been placed directly below my nose. My therapist, Jenny, gently scrubs down every inch of skin and then, using the Relaxing Massage Oil, gets down to business, deftly kneading knots and reviving the circulation in my legs (thank you, six hour flight to Perth). After what seems to be just five minutes, it's all over. But that blissful, floaty feeling? That stays with me for the rest of the day."

Cost: \$130 for 60 minutes, L'Occitane Petit Spa, Subiaco, Perth, WA. Call (08) 9380 9366. □

5

the moisture replenisher

La Prairie Cellular Swiss Ice Crystal Facial

They say: "Featuring the survivalist secrets of a trio of Swiss extremophile plants and algae in one extraordinary, patent-pending Swiss ice crystal complex ... skin is empowered to outwit physical, chemical and environmental stress."

We say: "Phone off, robe on. A stress-relieving back massage, skin analysis and a deep cleanse started off this decadent facial. Cool, clear quartz crystals were pressed around the eye area, while warmed rose quartz crystals were massaged into my face, neck and décolleté (apparently the crystals promote healing and regeneration). A moisturising mask and a blissful hand and arm massage finished the experience. Afterwards, my skin was visibly luminous while my limbs were smooth and supple."

Cost: \$270 for 90 minutes. Visit laprairie.com.au for spa locations.

Get stunning YOUTHFUL SKIN in five days

With Olay Regenerist's cellular bioenergetics technology, youthful skin is only five days away

Olay scientists have designed advanced actives that help accelerate anti-ageing benefits for faster, more noticeable results. Just three easy steps is all it takes to reveal your best, most beautiful skin.

- 1. START** with the **Olay Regenerist Advanced Cleansing System, RRP \$34.99**. The gentle automatic brush whisks away dead skin cells and impurities to improve absorption of anti-ageing ingredients, and is gentle enough to use daily. Offering four times the results of manual cleansing, it's been proven to perform as effectively as a \$200 cleansing device.*
- 2. FOLLOW** with **Olay Regenerist Micro-Sculpting Serum, RRP \$52.99**, which contains the highest concentration of Olay Regenerist's unique anti-ageing ingredients that work at a cellular level to deliver dramatic results. When used in conjunction with Olay Regenerist Micro-Sculpting Cream Moisturiser, it delivers up to 70 per cent more hydration.
- 3. MOISTURISE AND FINISH** with **Olay Regenerist Micro-Sculpting Cream Moisturiser, RRP \$48.99**. Olay's award-winning anti-ageing cream works to reduce lines and wrinkles with intense hydration and a skin-energising complex that works at a cellular level. Proven to out-moisturise 15 department store creams costing up to \$400**, its fast-absorbing formula provides a velvety smooth finish and leaves skin feeling plump and firm.



HOW DOES REGENERIST WORK?

Advanced anti-ageing actives work at a cellular level to energise skin cells and turn back time.

NIACINAMIDE: Vitamin B3 accelerates renewal of surface cells and reduces wrinkles.

OLIVEM: An antioxidant from olive extract, it helps protect skin from free radical damage.*

LYS'LASTINE: A natural extract of dill seeds, it enhances skin elasticity.

AMINO PEPTIDES: Pro-collagen molecules help repair skin, reduce wrinkles and firm complexion.



For more information, visit olay.com.au.

For product news, demos and how-tos, visit youtube.com/OlayAUOfficial.

YOUR BEST BEAUTIFUL™

1

Slip on YogaToes, approx \$50, to spread, stretch and stimulate circulation in stiletto-wearies feet.



10

The unique and ergonomic design of Artis Brush Elite Mirror 3 Brush Set, \$111.72, won't obstruct your view when applying make-up.



9

Boasting bluetooth technology, the Oral-B SmartSeries 7000 toothbrush, \$329.99, syncs with a compatible app to monitor your daily brushing habits and provide dental advice.



9

The 2X Sigma Spa Brush Cleaning Glove, approx \$50, is the ultimate brush cleaner for make-up junkies. It has eight cleaning textures and two sides, one for face brushes, the other for eyeshadow applicators.

10 of the best

Innovative tools to revolutionise your beauty routine

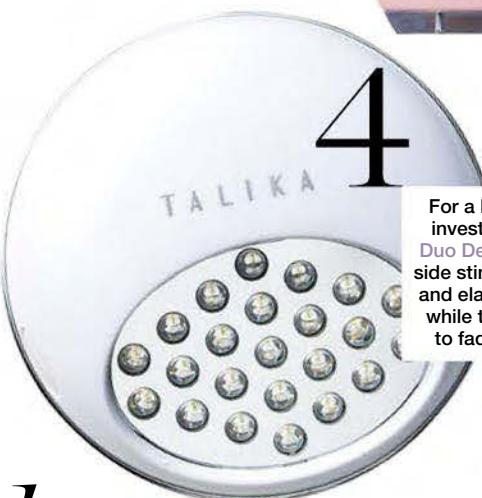
3

The Foreo LUNA, \$249, has an anti-ageing mode to gently cleanse, while working to smooth fine lines.



4

For a DIY light facial, invest in Talika Light Duo Device, \$465. One side stimulates collagen and elastin production, while the other works to fade dark marks.



5

Indulge in a massage (sans appointment), with Sarah Chapman Skinesis Bodylift, \$55.17, which contains 72 massaging nodules to help eliminate toxins, ease muscle tension and boost circulation.



8

Need a new nail file? Simply peel off the dull layer from Revlon File 'N Peel 6-in-1 File, \$7.95, to reveal a fresh filing surface.



7

The BaByliss PRO ItaliaBrava Dryer, \$289.95, houses a Ferrari-designed engine for stronger air pressure and quicker speed to dry damp locks faster.



6

Clarisonic Smart Profile, \$295, offers a custom face cleanse by automatically adjusting power and timing when brushing over specific areas of the face.





Deep moisturisation with
a new, lighter feeling



New Dove Aqua Moisture body wash deeply moisturises your skin while still leaving it feeling light and fresh. With our break though Go Fresh formulation you no longer have to compromise deep moisturisation for light, fresh feeling skin.

Visit facebook.com/doveaus for exclusive offers

RESCUE YOUR WINTER SKIN

DON'T LET DRY WINTER SKIN RUIN YOUR LOOK. STAY RADIANT AND HEALTHY-LOOKING ALL YEAR WITH VASELINE INTENSIVE CARE

KEEPING YOUR SKIN hydrated and healthy can be a challenge in winter with the cold, dry air working against you from the moment you step outside. Fortunately there's a quick and effective solution at hand with Vaseline Intensive Care lotions. Containing micro-droplets of Vaseline Jelly, the fast-absorbing formula locks in moisture to keep skin looking and feeling beautiful, whatever the season.

FIVE WINTER SKIN TIPS

- 1 DON'T OVERHEAT**
Indoor heating is moisture stripping, so don't keep the temperature up too high.
- 2 WEAR SUNSCREEN**
You can still get sunburnt in winter so use a moisturiser with sun protection.
- 3 SAVE YOUR HANDS**
Protect the delicate skin on your hands by wearing gloves outside.
- 4 FABRICS**
Avoid wool and other skin-irritating materials such as nylon, polyester and rayon.
- 5 MOISTURISE**
Restore lost moisture by using Vaseline Intensive Care body lotion daily.

Vaseline Intensive Care lotions ABSORB DEEPLY from the first application, to RESTORE THE MOISTURE that winter steals from your skin.



A stack of approximately ten thin, circular slices of orange, arranged in a slightly overlapping, spiral-like pattern. The slices are bright orange with visible white pith and some seeds. The lighting is dramatic, highlighting the texture of the fruit slices.

marie claire wellness

winter health myths

Determined to ward off winter lurgies this season? Bolster your health and separate fact from fiction when it comes to cold weather wellness

MYTH #1 **Winter means more sleep**

The tendency to hit snooze and hibernate becomes common in cold weather, but Dr Brian Morton, chair of the AMA Council of General Practice says, "There's no evidence to suggest you need more sleep. In winter, your diurnal rhythm [pattern of daylight hours] changes and the lack of sunlight alters your cycle." Feel rested by aiming for seven to eight hours a night, switch off your TV/phone/tablet/laptop before bed and avoid oversleeping on weekends.

MYTH #2 Dreary days cause depression

While shorter, darker days can do some serious damage to your mood and motivation, Seasonal Affective Disorder (SAD) isn't actually that common, says a study from the *Journal Of Affective Disorders*⁴. Dr Morton suggests staying active by swapping summer sports for indoor options (squash, anyone?), or sign up for soccer – those who played team sports had reduced stress, depression and anxiety levels, according to recent New Zealand research⁵.

MYTH #4 Vitamin C is the cold cure

While there's a plethora of studies promoting vitamin C as a super supplement for maintaining healthy immune function, a study from the *Journal Of Leukocyte Biology*⁶ showed that upping your vitamin D intake shields against viral infections – particularly during the chilly season. Researchers discovered inadequate levels of the sunshine vitamin can contribute to a deficiency in our immune defenses that protect us from illnesses, such as colds and influenza. And since sunlight becomes scarce during winter, scientists recommended popping the pill to minimise your chances of malaise.

MYTH #3 Sunscreen is optional

While exposure to harmful UV rays may be lessened in winter as we spend more time indoors, "it's still paramount to protect your skin and not spend extended periods in the sun – particularly in the middle of the day", says Dr Morton. Be diligent about sunscreen application and opt for a broad-spectrum SPF 50+ formula. The Cancer Council recommends applying a teaspoon to each limb, and half a teaspoon to your face, neck and ears, topping up every two hours if you're outdoors. Try Nivea Moisturising Sunscreen Lotion SPF 50+, \$17.99.

MYTH #5 Mulled wine warms you up

Sipping spiced wine may be a winter highlight, but it won't warm you, says Dr Morton. "You may feel warmer after drinking alcohol, but this is due to the blood vessels relaxing, which allows more blood flow to the skin; it has no effect on your temperature." And one study⁷ has found that swigging a glass of shiraz can actually lower your core body temperature by inhibiting the ability to shiver (one method the body uses to stay warm).

MYTH #7 Allergies bite the dust

Seasonal flare-ups are linked to spring, but can be triggered in winter due to the time spent indoors. "You may be exposed to dust or mould, both of which can cause allergic reactions," says Dr Morton. "It's important to clean and air your home regularly as mould spores can grow over time."

DID YOU KNOW

Your risk of catching a bug is greater walking through the city than sitting in a small office

"Those who exercised regularly through the winter months halved their chances of catching a cold compared to those who stayed sedentary"

– *British Journal Of Sports Medicine*

MYTH #6 Exercise should be inside

Crawl out from under the doona and don your Lorna Jane layers – exercising outdoors in chilly temperatures can fire up fitness levels. According to a study from *Medicine & Science In Sports & Exercise*⁸, running in wintry weather can speed up race times, and faster strides can torch more kilojoules in less time. Plus, working up a sweat spikes your endorphin (feel-good chemical) levels, which are already on the up just by being outside, says a study in *Environmental Science & Technology*⁹.



Chanel, \$1060

MYTH #8 The flu jab = the flu

If you've vetoed the vaccine for fear of infection, you may want to reconsider. "This is an inactivated vaccine – there's no live virus present – so you can't get sick," explains Dr Morton, who adds that the benefits far outweigh the possible side effects. You may feel unwell afterwards, but upper respiratory infections take several days to incubate before you show symptoms. If you do catch a cold post-jab, "the evidence says that it's coincidental", says Dr Morton. □



cold comfort

Can't resist kilojoule-laden foods once the temperature drops? Identifying (and managing) your triggers is the trick, according to experts. Here's how ...

There's just something about coming home to that heady scent of slow-cooked lamb shanks that makes a cold, dark day feel that much brighter. And science has got your back; not only are you programmed to say yes to the pie from the pub (and, hey, who are you to argue with biology?), psychologist Lucas Kucharski (strategicpsychology.com.au), who specialises in disordered eating and body image, argues that there's nothing wrong with eating comfort foods – at any time of year. "As long as it's not negatively affecting your functioning, mood, physical health or how you carry yourself," he explains. But it's keeping your feasting in check that's the hard part. Here's how to enjoy your favourite cold-weather fare in moderation.

HEARTY AND HEALTHY

There's no need to forego warming stews and pies this winter – you just need to make a few clever tweaks, according to Emily Burgess, spokesperson for the Dietitians Association of Australia

- Reframe the way you think about casseroles and hotpots. "Rather than adding vegetables to a beef casserole, for example, you can make the bulk of it with seasonal vegetables that are excellent in stews, such as sweet potato, carrot and leeks, and then add some meat."
- Make your own homemade pies using lean meat and vegetables, or seafood – particularly salmon, which is rich in omega-3 fatty acids that have been shown to have mood-boosting properties. "A hearty fish pie or pasta can be just as comforting as lamb or beef, and it's a healthier choice."
- Turn to under-utilised legumes, such as lentils and beans, to bulk up meals. "They're low in fat, high in fibre, cheap as chips and cook down brilliantly in winter meals."
- Make simple swaps, such as white pasta and potatoes for wholegrain pasta and sweet potatoes. These can boost your mood and keep you feeling fuller for longer.

blame your ancestors

Tantalising smell aside, the real reason you find it so difficult to resist a steaming bucket of hot chips on a cold day may actually be encoded in your DNA, according to researchers at the University of Massachusetts Medical School[#], who say it's a primitive impulse that prompts us to stockpile kilojoules for the cooler months ahead. Kucharski agrees: "Evolutionary psychologists would suggest the colder months bring on the motive to consume more food to gain body fat as protection from the cold," he says. "It's believed we also have a tendency to seek out more kilojoule-dense food in the winter months because food historically was scarcer [during this time of year]."
The same study found participants consumed an average of 360 more kilojoules per day in autumn compared to spring. Feast on buttery pumpkin, roasted parsnip and sweet potatoes, and drink a glass of water before meals, so you stick to smaller portion sizes.

the mood for food

One of the biggest reasons you might be turning to comfort foods is because you're depressed – not in the clinical sense of the word, but rather in the way of behavioural and bodily processes, says Kucharski. "It's a time of year where our motivation is likely to drop, our activity levels drop and, equally, our 'feelgood' chemicals in the brain [serotonin, dopamine and endorphins] that play a role in appetite regulation can become depleted in the colder months." To compensate, your poorly engineered body seeks out foods, such as sugars and carbs, which fuel production of serotonin, to make you feel happy again. Studies consistently link exercise with higher levels of serotonin and dopamine, so consider adding a 30-minute cardio workout to your daily routine.

LIGHTEN UP

True, Australian winters don't have anything on North American or European ones, however the shorter, darker days can still play havoc with your body clock. The reason for this is simple: not only do we need sunlight to stimulate serotonin function to give us that natural high, sunlight also serves to shut off the body's production of the sleep-inducing hormone melatonin. Fewer hours of daylight in winter means the melatonin levels in your body remain high throughout the day, leaving you feeling lethargic and often craving a quick source of energy by way of a sugar spike. One study from *The Journal Of Clinical Endocrinology & Metabolism*[§] found tired participants reported feeling hungrier than their more refreshed counterparts. Feel fresh first thing by opening the curtains as soon as you wake up.

DID YOU KNOW...

Comfort-food cravings are linked to a positive bond with the person who prepared it in our youth, according to a US study by a University of Buffalo research team.⁺

BREAK THE CYCLE

If you're keen to change your comfort-eating ways this winter, avoid seeing yourself "in a rut", says Kucharski. "All too often I encounter people who guilt themselves after small consumptions of comfort foods. Doing so can be dangerous – labelling certain foods as 'naughty' can influence poor relationships with food in the long-run." Continue to eat these foods in moderation but find other ways to soothe yourself. Yale University researchers* recently found things that are physically warm – such as warm tea or a hot bath – make people feel happier. Switch your focus towards resistance exercise, socialising and goal-directed behaviour.

the smart new way to BOOST your health

Could the secret to improving your health and fitness come down to what's strapped to your wrist?

Imagine being reminded to stand up every hour, or alerted to unhealthy food choices in the supermarket. Or, have a personal trainer FaceTime you to critique your form. While it's still early days, these are some of the capabilities wearable technology, or "self surveillance", brings to the table. And with the recent arrival of the Apple Watch – and its ResearchKit (medical data platform) in particular – this information is now set to become an active dialogue between health professionals and the general public.

"I see fitness trackers as a terrific tool to help you to live a healthy active life, but they won't do it for you!" states accredited practicing dietitian Dr Joanna McMillan.

"Where they help is by giving you some tangible benchmarks to set goals, track your progress and be able to prompt yourself into action with alerts and notifications. Having your health and wellness data all in the one spot

makes for a useful resource – for both you and any health professional you see."

While this new tech is sure to shake up the fitness industry, there'll always be a place for human interactions, argue experts. "Let's face it. What's more likely to get you out of bed at 5.45am? Your watch beeping at you, or the wrath of your trainer if you stand he or she up?" points

out celebrity fitness trainer Amelia Phillips. Unlike wearable tech devices, professionals will also assess your current health and fitness, ask you about your weight-loss goals, and explain how you'll get there (while providing you with feedback). They whip up meal and exercise plans, lock in personal training sessions, and push you to your mental and physical limits.

However, while the pure act of purchasing a wearable isn't going to make you lose weight or magically boost your health and fitness, these new-age devices may be the motivational boost you need in your pursuit of a healthier life.

FACT

370,000
fitness trackers
were sold
in Australia
in 2014*



FITBIT VS APPLE WATCH

The Apple Watch joins almost 300 wearable-tech devices in a market that's set to be worth \$11 billion globally this year.

PRICE

Fitbit: Prices start at \$169 for the Charge, its cheapest model.
Apple Watch: Cost starts at \$499 for the sports model.

BATTERY LIFE

Fitbit: 5 days
Apple Watch: 18 hours

TARGET AUDIENCE

Fitbit: Athletes and people looking to increase their health through a dedicated tracker.
Apple Watch: Tech enthusiasts looking for some health functions in a smart device.

Aveeno[®]
ACTIVE NATURALS[®]

Naturally Beautiful Results



See the beautiful difference healthy looking skin can make.

Healthy looking, beautiful skin begins with oats.

In fact, AVEENO[®] is clinically proven to hydrate skin for 24 hours and improve the health of your skin in just 2 weeks.*



Exclusive ACTIVE NATURALS[®] Oat Formula is proven to seal in moisture for healthier looking skin every day.

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ACTIVE NATURALS[®]

daily moisturising
lotion

clinically proven to
relieve dry skin

DERMATOLOGIST
RECOMMENDED

ACTIVE NATURALS[®]
SOOTHING OATMEAL

SUPPORT FACTOR

ONLY BERLEI SPORTS BRAS HAVE BEEN TESTED, USED AND APPROVED BY THE AUSTRALIAN INSTITUTE OF SPORT



SUPPORT FACTOR 4:

REDUCES BOUNCE BY UP TO 60%
- great for long-distance running, kickboxing and athletics.



SUPPORT FACTOR 3:

REDUCES BOUNCE BY UP TO 50%
- ideal for running, netball and tennis.



SUPPORT FACTOR 2:

REDUCES BOUNCE BY UP TO 40%
- perfect for yoga, walking and cycling.



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wellness



WORK IT OUT

If you're a Sydneysider looking to mix up your movement, sign up for AnyClass – a new fitness initiative that allows you to experience unlimited classes at dozens of gyms and studios with just one membership. Choose from a variety of exercise sessions (from outdoor boot camp to yoga) for a flat rate of \$25 a week. Visit anyclass.com.au.

what's new



5 minutes with ... DR SIMONE LAUBSCHER

The nutritional doctor, health expert and co-creator of The Super Elixir, with Elle Macpherson, shares a little of her wellness wisdom

What's the difference between organic and natural?

Natural means it's plant-based, organic means it hasn't been sprayed with pesticides. So, one is essentially just fruit and vegetables, and the other means really low, if not zero, chemical load.

Are supplements beneficial?

Most of us need supplements these days because our fruit and vegetables are of lower quality than they used to be. Always opt for wholefood, natural supplements because they're bio identical.

What's your number-one health tip?

For the past 10 to 15 years, I've been telling my patients to do a vegetarian or vegan Monday. If you indulge in rich food over the weekend, just cut back and eat plant-based meals on the Monday.

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- First and only IPL device medically certified for permanent hair reduction at home
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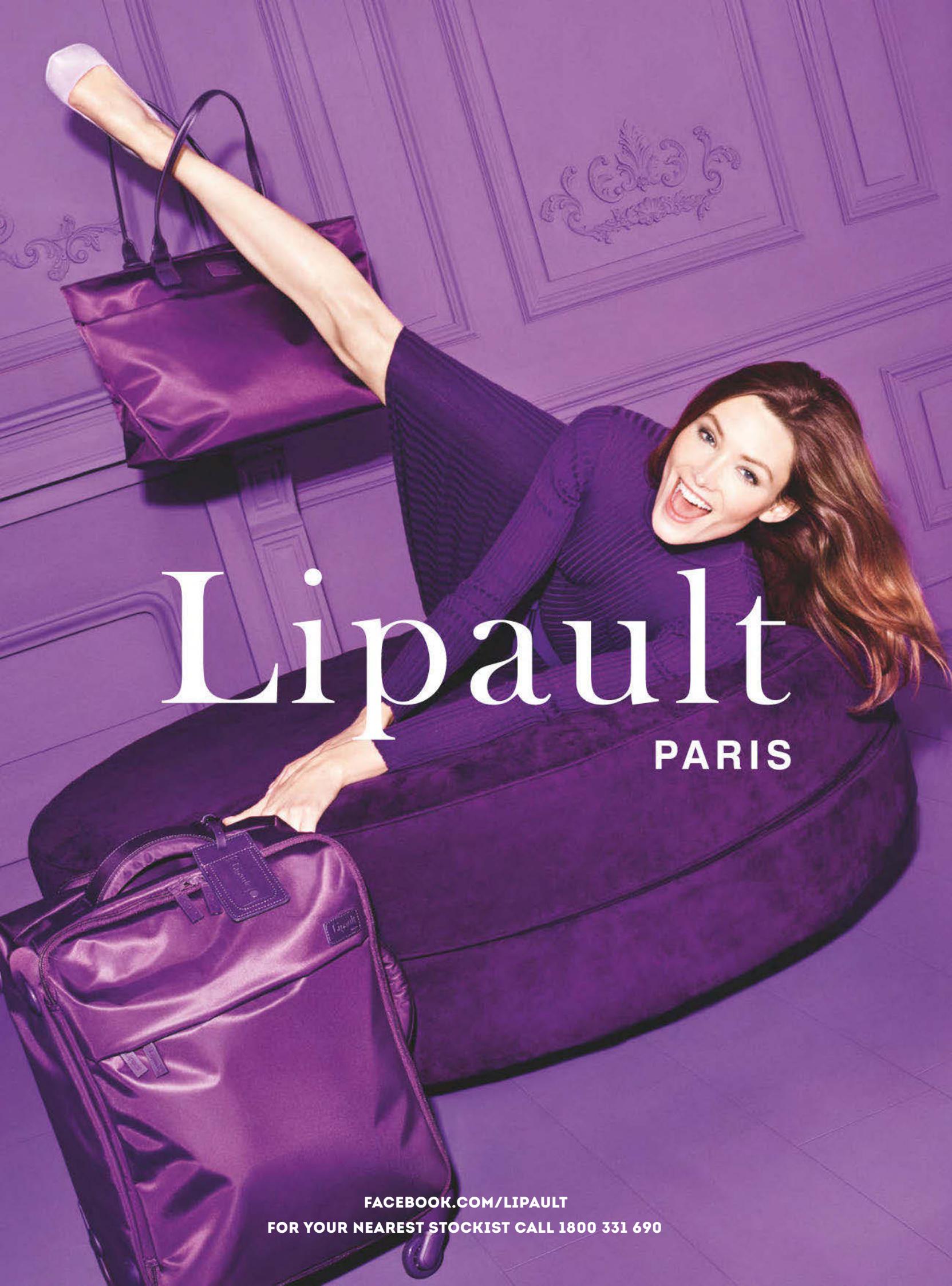
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A woman with long brown hair, wearing a purple dress, is smiling and holding a large, shiny purple Lipault bag. She is standing in a room with purple walls and decorative moldings. The bag has a leather tag with the brand name.

Lipault

PARIS

[FACEBOOK.COM/LIPAULT](https://www.facebook.com/lipault)

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THE ULTIMATE PARISIAN GETAWAY WITH
PRIZES WORTH UP TO \$10,000!

The Lipault lady changes bags and cases like dresses and shoes to suit her taste day to day. Joyful and daring, she mixes and matches colours and models to coordinate with her outfit. With seasonal fashion colours and supple, soft and hard-wearing materials, these bags creatively embody Parisian chic. From handbags to travel bags, briefcases and suitcases, in its 10th year, Lipault has established itself as the colourful Parisian bag brand.



LIPAULT IS CURRENTLY
GIVING READERS THE
CHANCE TO WIN
A TRIP TO PARIS!
HOW TO ENTER: 
Head to the Lipault
Facebook page:
facebook.com/Lipault

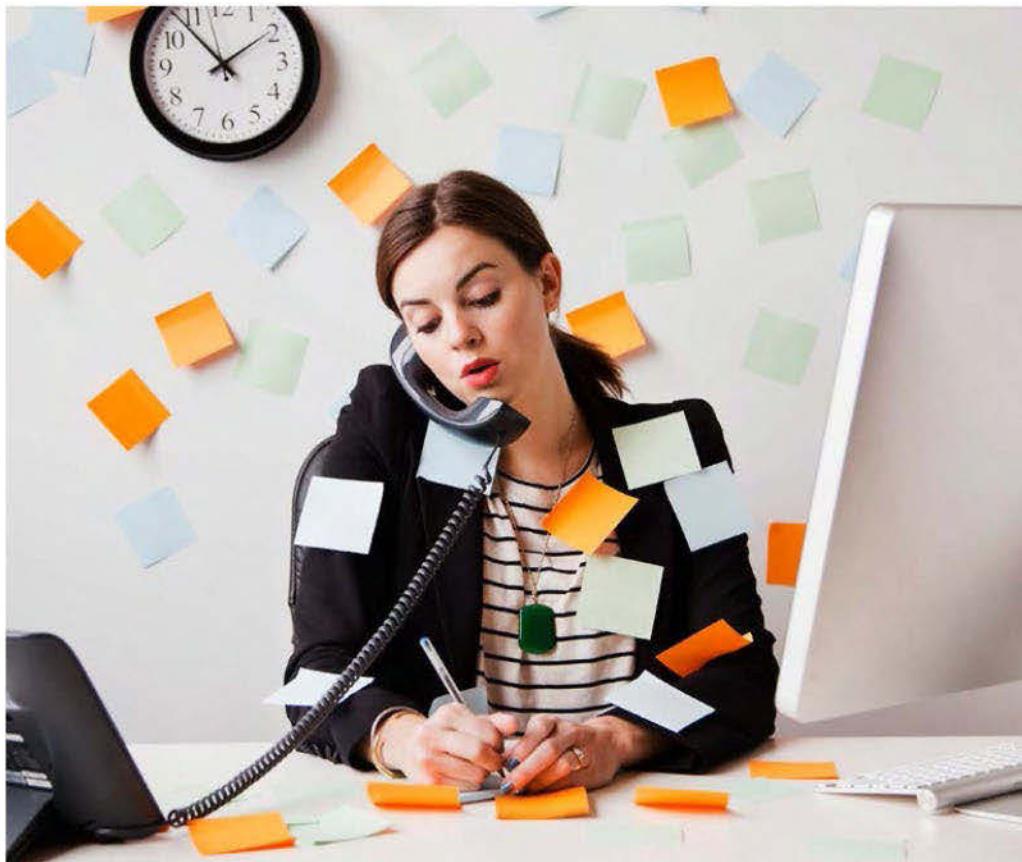
Terms and conditions at facebook.com/Lipault. Entries open 10:00 Wednesday 1 July 2015 and close 23:59 Monday 3 August 2015. Entrants can only enter once for the duration of the competition. The competition is run by Samsonite Australia Pty Ltd.

@work

YOUR GET-REAL GUIDE TO CAREER & FINANCIAL SUCCESS

5 hacks that will change the way you **WORK**

Fast-track your way to a *stress-free* work life with these foolproof tips to boost *productivity*



HACK #1 **Break up your day**

Life coach Debbie Spellman recommends using the Pomodoro Technique, a time-management system created by Francesco Cirillo in the 1980s to conquer procrastination when working on a task. To implement the technique, you break your time into "Pomodoros", which are 25-minute time periods, so named for the tomato-shaped timer Cirillo used to clock each period. During each Pomodoro, you should focus solely on the task you want to accomplish.

If you are distracted by another idea, write it down on a piece of paper and then return your focus to the task at hand. At the end of the Pomodoro, take a five-minute break to clear your head, and then repeat. After four Pomodoros, enjoy a longer break – say, 20 or 30 minutes – but then continue the cycle until you have accomplished your task. "Ninety-nine per cent of the time you become so focused in the task you actually continue until it's complete," says Spellman. "[It's] a brilliant way to overcome resistance."

HACK #2 **Diarise everything**

"My favourite productivity hack is to schedule everything into my calendar," says Shoes of Prey co-founder and chief creative officer Jodie Fox, noting it's a trick she picked up from self-help business book *Getting Things Done* by David Allen (Penguin, \$22.99). *GTD*, as it's colloquially known, advocates organising and categorising your entire life, the idea being that it will free your mind to focus on work. So when Fox says she schedules everything into her calendar, she means

everything – downtime included. Doing this gives her a clear snapshot of how much time she has and allows her to prioritise and re-prioritise tasks quickly. "When I have a day that finishes with me thinking, 'Ugh, I got nothing done today', I can look back at my diary and decide, based on data, whether I really had a productive day or not," she says.

HACK #3 **Move it**

When Aussie Commerce executive Alexandra Mills wakes in the morning, she starts with the first

appointment on her calendar: her exercise routine. "Exercise puts me in a positive mood," says Mills. "And because I do it first thing in the morning, it gives me a great start to the day and a sense of achievement before I walk into the office." The key is to schedule fitness into your morning the way you would any appointment, says Mills, who picked up the habit after a promotion saw her exercise routine suffer; and in turn, her efficiency suffer. "Knowing I have a few hours every morning that are just mine helps me relax when I come home at night," notes Mills. "And [it] helps me sleep better."

HACK #4

Change goals every day

"Before you set foot in the office, focus on the top three goals you have for the day," advises Bellabox co-founder and CEO Sarah Hamilton. Her method is one employed by some of the world's most successful businesspeople, including billionaire investor Warren Buffett, and it relies on its mindful approach; by clarifying your goals for the day, you remind yourself of your focus and are more

easily able to apply yourself. With your list of goals in place, Hamilton recommends turning your attention to the hardest task, and completing it first. "You will feel much better for the quick win," she says. "And it won't hang over your head." Furthermore, Hamilton advises turning off your email, phone and any other communication methods, so you can concentrate completely.

amount of time spent on "frivolous" decisions, allowing him to dedicate his waking hours to work. While Zuckerberg takes his cues from the late Steve Jobs, no less, taking a "uniform" approach to your work wardrobe isn't reserved for billionaires. Having a uniform gives you "one less thing to think about," says Business Chic founder Cheryl Lin Rodsted. "So you can save

Taking a "uniform" approach to your work wardrobe gives you "one less thing to think about, so you can save your brainpower for work"

— Cheryl Lin Rodsted, Business Chic founder

HACK #5

Perfect a uniform

Facebook founder Mark Zuckerberg says he wears the same outfit every day – a T-shirt, hoodie and jeans, for the record – because it reduces the

For her part, Hamilton answers emails during her off-duty moments so she can concentrate on "actual work" once she arrives at the office.

your brainpower for work." The key, says Lin Rodsted, is to channel your "inner Audrey Hepburn" and build a small collection of flattering staples. Then, alternate between them over a week or fortnight. To avoid monotony and stay true to your personal style, make small updates and substitutions to your basic uniform when the seasons change and new trends come in.

FIND YOUR OFF SWITCH

The best way to fix work efficiencies is, oddly, to do less, say three busy women

Nicole Taylor, managing director, DDB agency, Sydney



"You've got to be able to self-manage: It's not someone else's job to do that on your behalf. I'm a big fan of exercise and keeping fit to help compensate for that intellectual brain-fry. If I don't do it, it doesn't feel right."

Emma Swann, founder & designer, Recreational Studio



"When you have your own business you could literally work 24/7, so I make some rules. In the morning on the treadmill I make my 'To Do' list; the hit of exercise clears my brain. I've banned devices from the bedroom."

Nicole McInnes, marketing director Australia and New Zealand, Pandora Internet Radio



"A while ago I realised I was making work more important than it should be. It wasn't part of my life, it was all of my life. I'm trying to redress the balance. It's important that your whole self-esteem is not linked to your work." ▶

5 OF THE BEST

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Trenery, \$129

Comme Des Garçons, approx \$400, at Farfetch.com

Louis Vuitton, \$610

Balenciaga, \$937, at Matchesfashion.com

Coach, \$135



What's your gender bias?

If you're contemplating returning to work, it's time to check your own prejudices regarding gender roles and child-rearing. Here's some food for thought for you and your partner to chew over:

- With the exception of birthing and breastfeeding, do you believe a father can do everything that a mother can?
- Do you believe the parent who stays home to care for the child should also be responsible for domestic work?
- Do you believe the parent who stays at home ought to be responsible for paying bills, organising family/social activities, appointments, decision-making, etc?
- Do you believe mothers are more nurturing than fathers?
- Do you believe it is more important for a mother than a father to stay at home and care for an infant?
- Do you believe the most important role a father can play is to be a "breadwinner"?

PROJECT pregnancy

It's the one time your private life and work life collide in the most public way – yet women are woefully unprepared in how to tell the boss they're expecting

It has to be the single most peculiar moment in your working life. If getting pregnant isn't already hard enough for many women, working mums-to-be then have to hide bouts of morning sickness from their colleagues for up to 12 weeks. If that acting gig isn't exhausting enough, they then face the daunting task of having to tell their boss that they're with child. All the while, feeling excited, hopeful and scared to bits.

No wonder it often goes pear-shaped.

Recent research* shockingly revealed that almost one in two Australian women experience discrimination in the workplace either during pregnancy, while on parental leave or upon returning to work.

However, one new online coaching program, gracepapers.com.au, has high hopes of arresting these figures.

"There is a vulnerability that pregnant working women have that is rarely discussed and acknowledged," says founder Prue Gilbert. "It's such an emotionally heightened time for women, yet managers – even those with the best of intentions – often don't know how to deal with pregnancy, so it's a perfect storm for disappointment. How pregnancy is handled in the workplace has a massive impact on women's confidence and their future desire to return to work."

The lawyer, mother of three and gender diversity advocate initially devised the program for corporates to use to retain female employees, but realised there was a gap in the market to reach consumers. "By empowering women with information, strategies, practical advice and self-awareness, pregnancy does not have to be a career-ending moment."

Here are some key lessons we learnt from the program:

No two bosses are created equal

Grace Papers makes the rarely mentioned point that even the most enlightened boss comes with their own biases and prejudices, and women need to take them into account when announcing their pregnancy.

"There's no denying that gendered expectations ruin women's careers and nowhere is it more exposed than in how managers deal with pregnancy-related news," states Gilbert. "Understanding – and being able to anticipate and address – bias, is the first step to ensuring it does not become a barrier to any woman's career potential."

To determine bias, Grace Papers says you need to look at your manager and ask yourself some questions, for example: does my manager have children? Support other working mothers in our team? Have a partner with a career?

Develop a pregnancy pitch

Once you have anticipated if any biases are involved, you can manage the conversation by developing a Pregnancy Pitch, which incorporates your career vision, your commitment to the role and your input to the team. Here's an example:

"I'd like to talk to you about the next stage of my career, and engage your support. I'm pregnant, and while I've now had nine weeks to reflect upon this, I understand you're hearing it for the first time. I really just want to let you know that I see my pregnancy as an event in

my career and will continue to be committed to this role. In preparing for this conversation, I've invested time in developing my professional vision, and would like to share that with you. I've also started a checklist of conversations we need to have and plans we need to action."

Be prepared for bad behaviour

"If you prepare yourself to anticipate unconscious bias, then you are more likely to be able to address it when it happens," points out Gilbert. Using real-life examples from the Australian Human Rights Commission report**, here are some suggested responses:

► "When I told my supervisor I was pregnant, the response was, 'Well, you will need to leave. This is very inconvenient for the organisation - you should have told us that you were planning this - have you considered abortion?'"

This calls for a strong response.
How about: "I believe your response constitutes discrimination. It seems we have a couple of options. Either you can withdraw your comments just now and we can start again, or we can call the Fair Work Ombudsman for advice on how I ought to proceed."

► "I've just announced that I am pregnant again with my second child and my manager's first words in response were 'Here we go again ... (with eyes rolling)'"

A response could be: "I am not sure how I should respond just now. How would you respond if you were me?"

► "It was relayed to me that now that I have a child, I should focus on that more and not be so hungry to be progressive in my career. That by offering me this lower job they were allowing me to be a better mother."

A response could be: "Thank you for your observations and I appreciate your concerns and how you may have come to those conclusions. However, your assumptions around my career aspirations are inaccurate. I am committed to my career and motherhood, and am aware that I am entitled to return to my previous role, as is my intention."

Visit gracepapers.com.au for the entire 6-Step Program.



"THE BEST MISTAKE I'VE EVER MADE ..."

Because sometimes failure can be a short cut to success

DYING ON STAGE

1 **Jo Stanley,** **Southern Cross** **Austereo** **Weekend Breakfast** **show host**

"I MC'd an event where I'd spent so much time worrying what the audience would be thinking that I didn't prepare properly. Consequently, I did a really bad job and walked away feeling dreadful. Allowing negative self-talk let me lose sight of the really important thing - to be the best you can be means doing the right amount of preparation. It's the last time I have gone into any job unprepared."

NOT STANDING UP TO A WORKPLACE BULLY

2 **Dr Karen** **Phillip,** **psychotherapist**

"Early in my career I had an old-school male boss who believed wives and mothers should remain

home, caring for children. I regret not standing up to his continued denigration of me as a woman running a large department. He aimed to intimidate me, and it worked, I resigned. But this taught me even though it can be hard for a woman in a male-dominated workplace, stand up for yourself, believe in your abilities and push forward regardless of the obstacles."

MISMANAGING MY TEAM

3 **Melanie** **Gleeson,** **Endota Spa** **co-founder**

"I used to think being a leader meant being directive and single-minded. More, 'this is how we're doing things' than 'what do you think we should do?' But, I learnt that this made people afraid to offer up ideas. So I changed my management style to more collaborative and

nurturing, and creativity now flows more freely. I'm also now not afraid to say, 'You know what that doesn't feel right.' Early on, I would never have done that."

NOT DOING MY RESEARCH

4 **Nkandu Beltz,** **author,** **speaker and** **social change maker**

"I love fashion and decided to start an exclusive line with a girlfriend. Unfortunately, we did next to no market research. We designed and ordered the garments, but when they arrived they were such poor quality we couldn't sell them. We also had no proper contract or system in place for a refund. This was a very expensive mistake, but I learnt I need to think in a less emotional and more pragmatic manner to thoroughly research my projects and to speak to experts first." □

WORKING IT

Take to the *streets* to find some new workday wardrobe *inspiration*



layer up

Stick to a palette of neutrals and pile up



colour splash

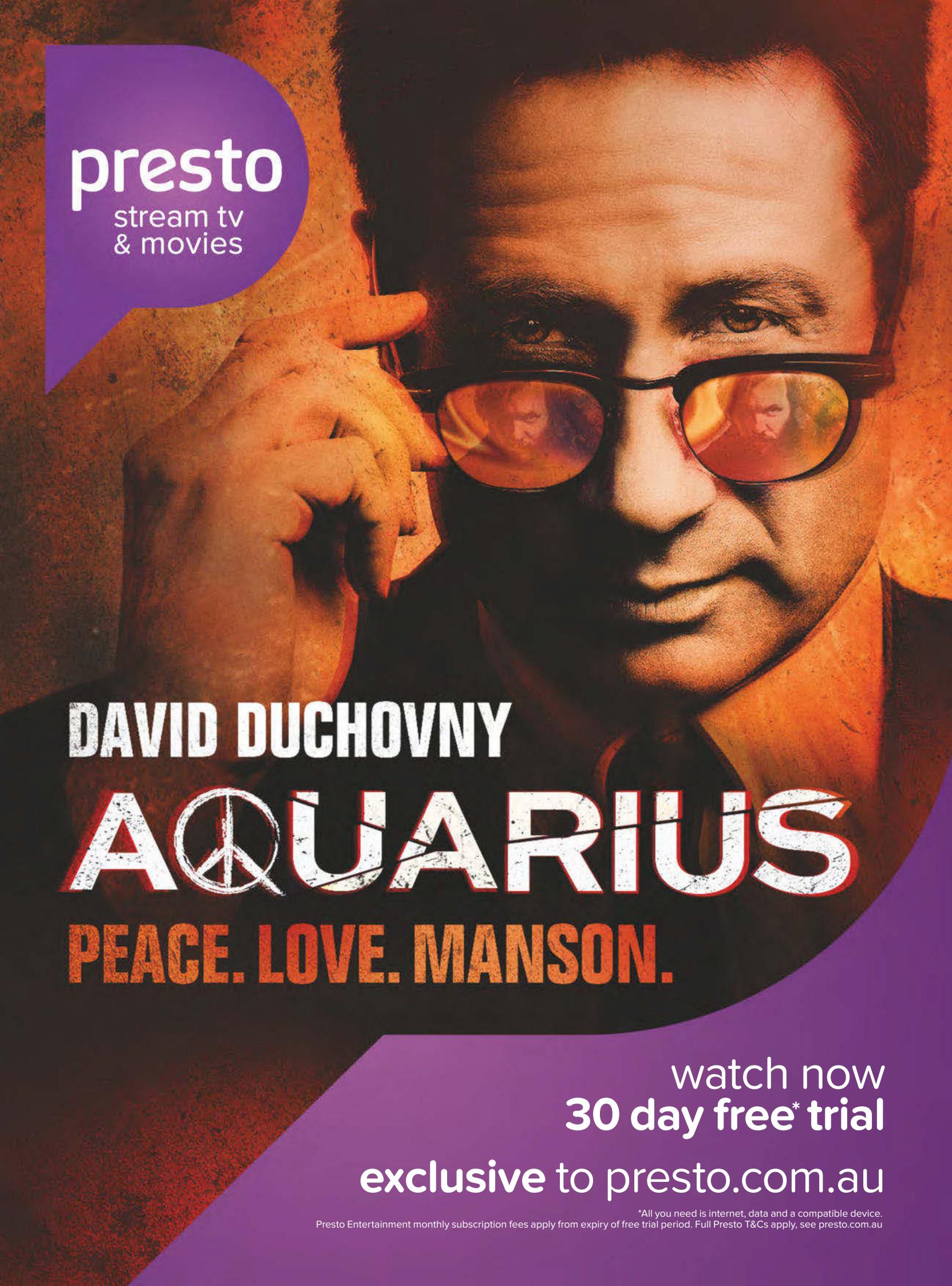
Inject some personality with a flash of red or burgundy



tough love

Team your leather jacket with clean lines for cool office style





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HERE & NOW

THIS MONTH'S UP-TO-THE-MINUTE ESSENTIALS



A NEW ATTITUDE
The new Karen Millen collection embraces a fresher, softer style. The campaign captures moments in the KM woman's life, via a series of dynamic images shot by Glen Luchford. Visit karenmillen.com.au.



TURN BACK TIME
New Nivea Cellular Anti-Age Cream works to re-ignite your skin's youthful look from deep within. Available from leading grocery and pharmacy stores, \$27.99. Visit nivea.com.au.



MAKE WAVES

Create beautiful, ultra-light waves with a soft, natural-looking finish. The super-light TRESEMME Perfectly (un)Done Wave Creating Sea Foam, \$8.99 for 150ml, is infused with sea kelp extract and helps create natural waves for an all over gorgeously un(done) look. Available at Priceline Pharmacy stores or priceline.com.au.



PLAN YOUR WEEKEND ESCAPE

With a waterproof outer and inner lining, Dublin River Boots (above), \$279.95, are perfect for a weekend escape. Available in black and brown in sizes 6 to 10. For stockists, visit horseland.com.au.



CUSHION COMFORT
For a gel comfort sensation that keeps you going, discover the ergonomically designed Scholl Gel Activ Insoles in Work (left), Sport and Everyday.

FRESH FEELING
Now available in a larger size, Dove Anti-Perspirant Deodorant provides 48 hour perspiration protection and contains Dove's unique moisturising cream to nourish skin.



WIN A TRIP TO PARIS!

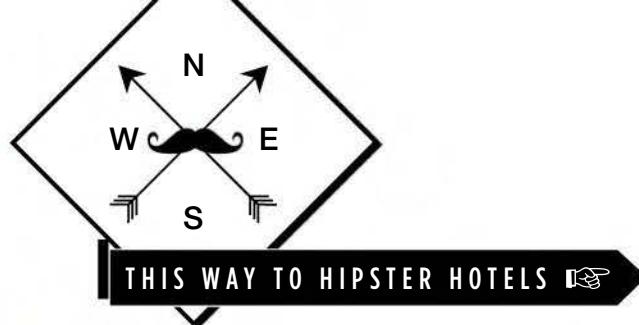
To celebrate its 10th year, French luggage brand Lipault is giving readers the chance to WIN a trip to Paris! To enter, find Lipault on Facebook or visit bit.ly/PackYourPlume.

Terms and conditions at facebook.com/Lipault. Entries open at 10am AEST on Wednesday July 1, 2015 and close at 11.59pm AEST on Monday August 3, 2015. Entrants can only enter once for the duration of the competition. The competition is run by Samsonite Australia Pty Ltd.

lifestyle

marie claire





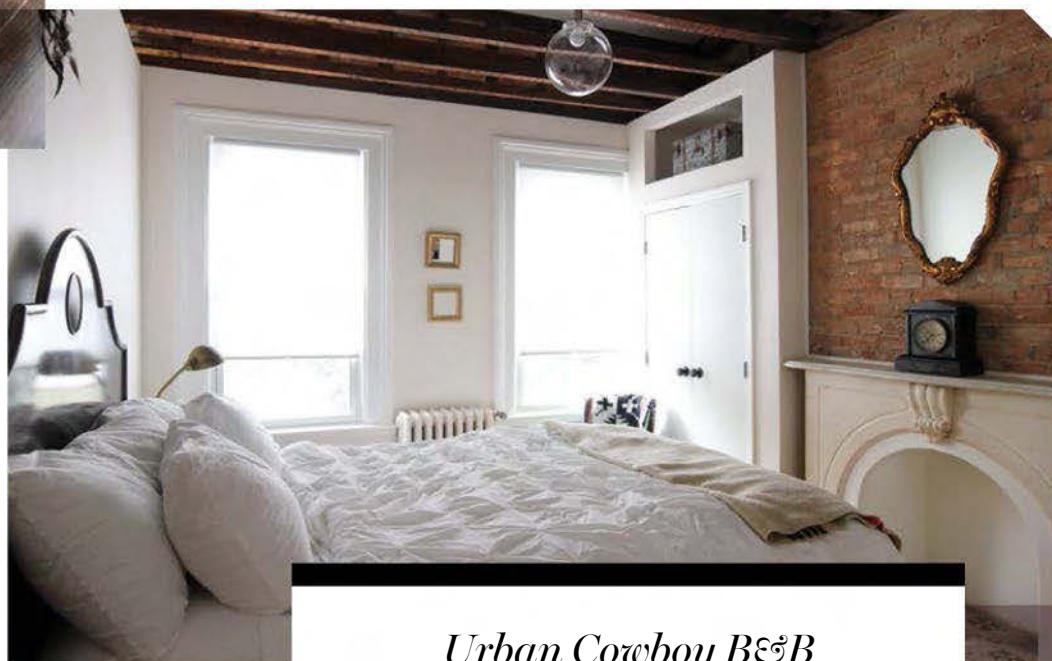
FRINGE DWELLINGS

Edgy neighbourhoods, fast wi-fi and retro-chic interiors are *hallmarks* of a *hipster hotel*. These boutique abodes are coming to *a city near you*. By Pauline Egge

The term “hipster hotel” may never make its way into the urban dictionary because everyone knows a hipster is loath to admit they are one, let alone stay in a hotel that apparently caters to them. That would be too mainstream. And the point is to avoid whatever it is the masses are doing, right? But whether you use the “H” word or not, there’s little doubt that, as travellers, we are increasingly wanting something different from our experiences. Cookie-cutter furnishings and a breakfast buffet just don’t cut it anymore.

Nowadays, there’s a whole host of hotels that bend the conventional rules of service – places where every room is unique, and over-the-top luxury is seen as superfluous. There are plenty of travellers who now prefer the bespoke over the big-budget offerings. We can carry our own suitcases to the room, thank you very much.

The late Alex Calderwood, founder of the Ace Hotels group, once said that every room in his hotels should feel like you’re going to visit your cool boyfriend (who lives above the best coffee shop in town, of course). Here are our picks of the hottest hotels around right now.



Urban Cowboy B&B BROOKLYN

THE SCENE: A copy of *How To Survive In The Wild* sits on the coffee table in the communal living/dining room. It may be Brooklyn, but the vibe here is “real America”. The most popular room is the Kanoono Cabin, complete with pot-belly stove and panelled walls. It feels so country, in fact, the owners say, “We have many guests from Manhattan who come here for a long weekend!”

THE ROOMS: Apart from the cabin in the backyard, there are another four rooms, all with equally atmospheric names, such as The Peace Pipe and Vision Quest (above).

THE PERKS: A guitar in the common living room (left), Pendleton blankets and loads of magazines.

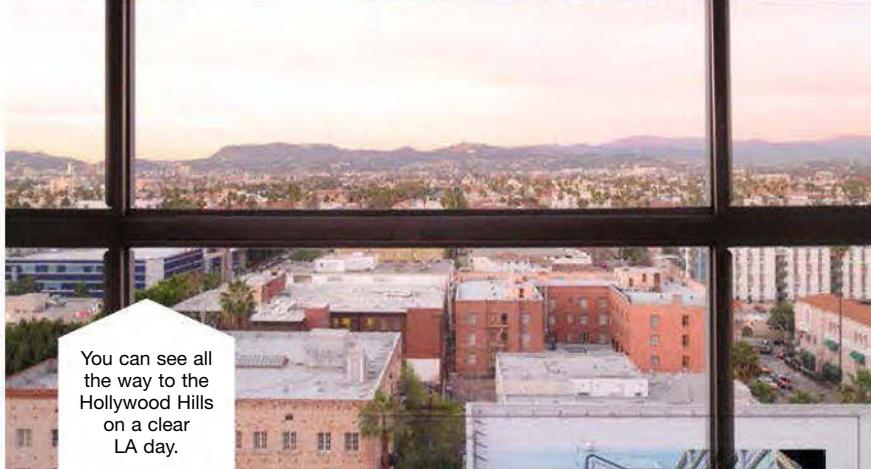
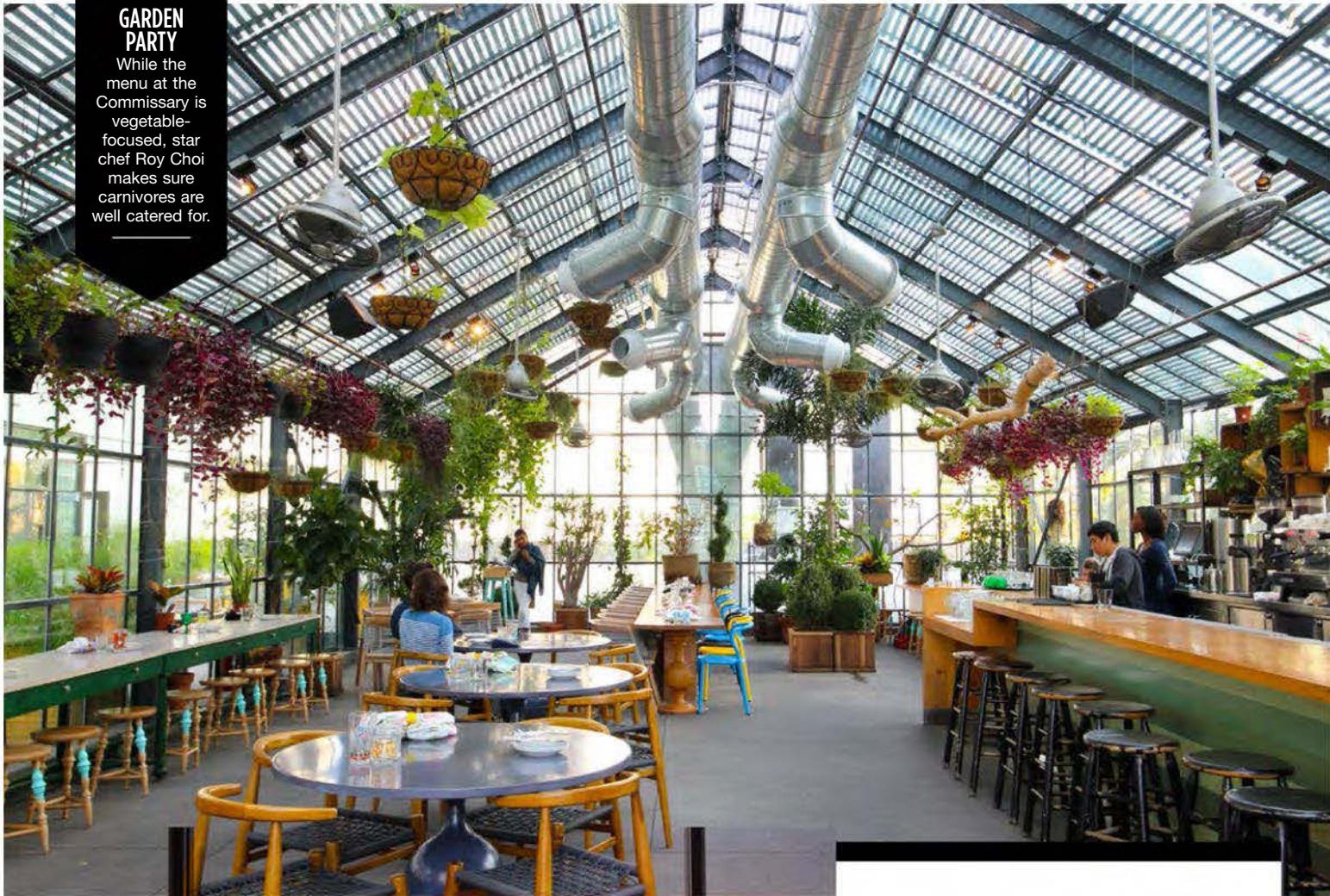
THE HOOD: Culture-packed Williamsburg.

THE MUST-SEE: The outdoor hot tub!

Visit urbancowboybnb.com

GARDEN PARTY

While the menu at the Commissary is vegetable-focused, star chef Roy Choi makes sure carnivores are well catered for.



You can see all the way to the Hollywood Hills on a clear LA day.



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The Line Hotel LOS ANGELES

THE SCENE: The group of Korean Air flight attendants might not be the kind of traveller you'd expect – until they reappear an hour later in statement trainers and Alexander Wang dresses and head to lunch in the Commissary (above), the hotel's giant greenhouse/restaurant with a Korean menu by LA foodie guru Roy Choi.

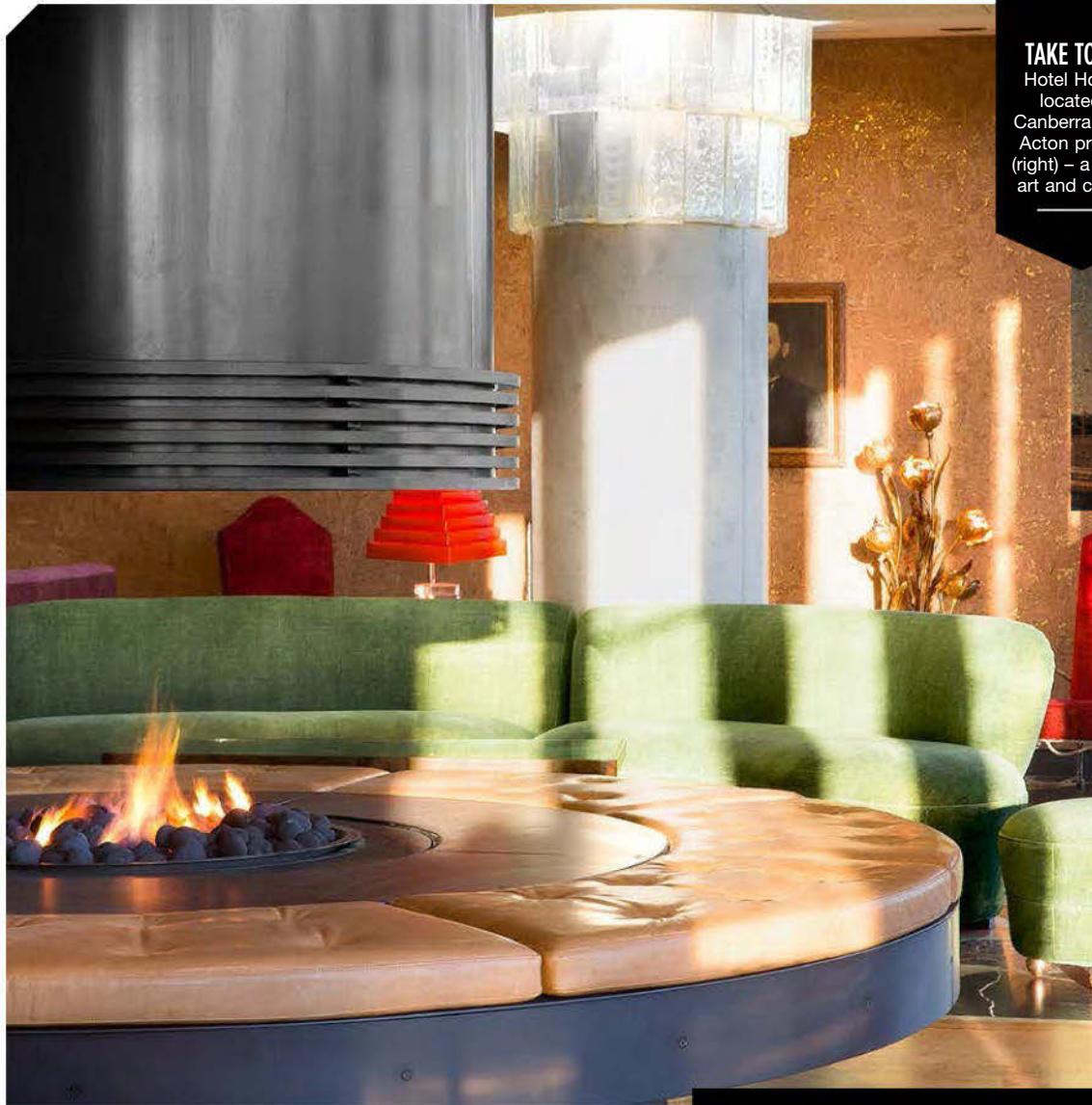
THE ROOMS: Classic rooftop views, many of which also include the Hollywood sign in the distance (best enjoyed at sunset when it's often bathed in a magical pink light).

THE PERKS: Rental bikes, Baxter of California toiletries, and a delicious coffee bar called Cafe.

THE HOOD: Koreatown, which sits between Downtown LA and West Hollywood. Just the place to treat yourself to braised short-rib stews and crackling rice.

THE MUST-SEE: The Poketo store inside the hotel. It's an art and design store run by Korean husband-and-wife entrepreneurs. Pick up everything from a bike-repair kit to ceramics. ▶

Visit thelinehotel.com



TAKE TO ART

Hotel Hotel is located in Canberra's New Acton precinct (right) – a hub of art and culture.



Ever had a yabby jaffle before? Monster will tempt and challenge your tastebuds.



PERFECT IF YOU LIKE HOTELS THAT NURTURE YOUR BODY AND MIND.



Hotel Hotel CANBERRA

THE SCENE: Chances are, before you even set foot in the hotel, you'll have whipped out your phone and uploaded a pic to Instagram – especially if you enter via the Grand Stair of the mixed-use Nishi building through the recycled timber installation by March Studio (bottom left).

THE ROOMS: There are 68 rooms that feature a mix of "authentic" materials – rough rendered walls, grass wallpaper ceilings, woodchip wall panels and original (and reupholstered) mid-century pieces.

THE PERKS: Aesop products, Saturday morning yoga classes, ROJI hair salon and the much lauded Monster kitchen and bar (above left, which also offers room service. Bonus!).

THE HOOD: New Acton, a private development intended to be a living art and design precinct. An example of the best in modern urban design.

THE MUST-SEE: The art. From the works inside the rooms to the cutting-edge Nishi Gallery, this entire precinct is an ever-changing exploration of creativity.

Visit hotel-hotel.com.au

10 WAYS TO SPOT A HIPSTER HOTEL



Volkshotel AMSTERDAM

THE SCENE: Located in a former newspaper headquarters, this hotel prides itself on being a hotel of the people, and the bright lobby (right) has a suitably diverse clientele. With stunning views of the city from its restaurant/bar, it attracts a big afternoon crowd.

THE ROOMS: Ironically, even the standard rooms are not standard, with each making creative use of its space.

Got a thing for jukeboxes, Japanese bathtubs, bikes or cabins in the woods?

Well, you're in luck with a number of themed rooms.

THE PERKS: Lobby piano, rooftop sauna and hot tubs, a basement bar and a number of breakout spaces for work on the go.

THE HOOD: In East Amsterdam in the De Pijp neighbourhood, an easy bus, tram or metro ride from the city centre.

THIS MUST-SEE: Doka, the hotel's basement bar. A dark and moody place to (not) be seen.

Visit volkshotel.nl



- 1 Bearded and tattooed staff
- 2 Organic and *bespoke* bathroom products
- 3 Music – from instruments in the room to in-house venues

- 4 High-speed wi-fi – all those *smartphones* have to connect
- 5 Coffee – usually an in-house cafe or within a *caffeine-loving* precinct

- 6 Custom-made and *mid-century modern* furniture
- 7 Rental bikes (or even a *skateboard* if you stay at The Nolitan Hotel in New York)

- 8 Thick bathrobes in *shades of grey* (never white)
- 9 A lobby that doubles as a cafe, then becomes a bar at night

- 10 Culture – whether it's art, books or *magazines* ▷



"Make yourself at home" could well be the mantra at this budget beauty.



The Michelberger Hotel BERLIN

THE SCENE: Think a giant lounge room with all your friends, drinking beer and checking Instagram or reading magazines.

THE ROOMS: No two rooms are the same, and this may be one of the few hotels that caters to singles right up to groups or big families. Rooms are basic and look a bit like an architecture student has been let loose.

THE PERKS: Live music and its own Michelberger-branded schnapps.

THE HOOD: Friedrichshain is in the heart of Berlin and a little on the gritty side. Think of it as a true urban experience.

THE MUST-SEE: Michelberger Mystery Music Festival in August – perfect for discovering obscure German bands!

Visit michelbergerhotel.com

GET PACKING: A HIPSTER'S TRAVEL ESSENTIALS



Ace Hotel LONDON

THE SCENE: Despite first impressions, Apple does not own or sponsor the Ace Hotel. But there is a good reason it's hard to see past the hipsters for all their MacBooks – the internet connection here is fast. The staff looks catwalk-ready and the smell of fresh coffee is in the air from the on-premises cafe.

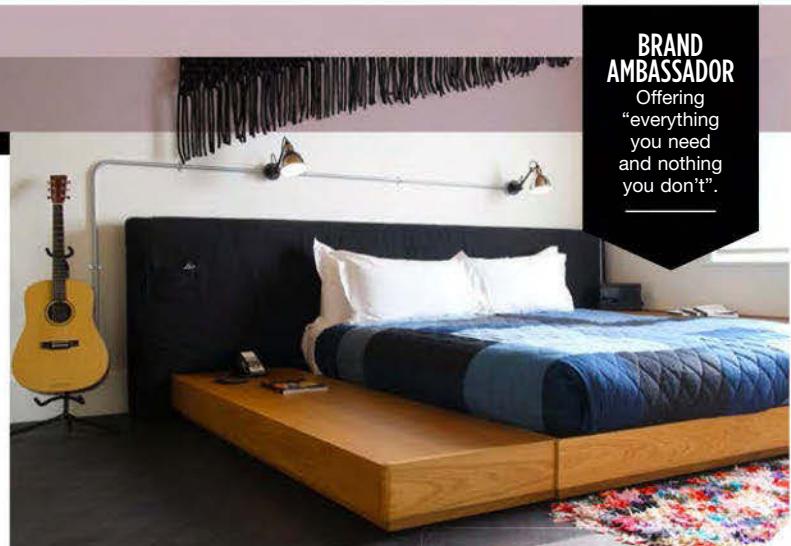
THE ROOMS: A range of sizes, all featuring retro radios set to Ace's radio station, bath products by Rudy's Barbershop, free wi-fi, and many with a record player or acoustic guitar.

THE PERKS: Where to start? The Ace clothing line and shop, an in-house coffee-and-cocktail bar, rental bikes and custom quilts.

THE HOOD: Shoreditch, quite possibly the hipster capital of the world. Coffee shops, boutiques, record stores and flower shops – it's all here.

THE MUST-SEE: Rent a Tokyobike (right) at the hotel and head to Brick Lane for some vintage shopping. □

Visit acehotel.com



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LOVAGE – THE HOTEL'S FARM-TO-STREET JUICE KITCHEN ALSO OFFERS ROOM SERVICE.



Connect with Vibe Hotel Marysville



Just 90 minutes from Melbourne, the new Vibe Hotel Marysville offers a stylish, contemporary hotel to relax and discover one of Australia's most beautiful regions. Inspired by its natural surroundings, from the local art and spectacular views, through to the superb Radius Bar & Grill featuring premium locally sourced produce, led by Executive Chef Leigh Colville. Whether you recharge in The Spa or explore the local area, Vibe Hotel Marysville is the perfect place to connect and reconnect.

Now Open

Be immersed. Be here.

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TFEhotels.com/vibe

FOUR OF THE BEST

winter puddings

We've given a quartet of classic desserts a modern makeover and they're more indulgent than ever. Go on, treat yourself!

PHOTOGRAPHED BY LOUISE LISTER RECIPES & FOOD STYLED BY KATY HOLDER

toffee bread & butter pudding





**custard pots
with vanilla
almond brittle**

**warm chocolate and
hazelnut cake with
raspberry cream**

**rice pudding
with orange and
cardamom pears**



toffee bread & butter pudding

SERVES 6

30g unsalted butter, softened, plus extra for greasing

50g pecans

450g brioche, cut into 1cm-thick slices

3 free range eggs, plus 2 free range egg yolks, extra

100g caster sugar

¾ cup thickened cream

¾ cup milk

ice cream to serve, optional

TOFFEE SAUCE

100g brown sugar

100g unsalted butter, cubed

¾ cup thickened cream

1. Preheat oven to 180°C. Lightly grease a 1.5-litre-capacity baking dish (one that is no more than 6cm deep) with softened butter. Heat a dry frypan over a medium heat. Add pecans and toast, shaking pan regularly, for 2–3 minutes or until golden brown. Remove pecans from frypan and set aside. Once cool, coarsely chop. **2.** To make toffee sauce, place sugar and butter in a small saucepan and heat over a low heat, swirling the saucepan occasionally until sugar melts. Add cream, stir to combine, then cook for about 5 minutes. Remove from heat and pour about half of the sauce into the baking dish, swirling to coat the base of the dish. **3.** Spread each brioche slice with softened butter on both sides and arrange in the dish, standing upright, but overlapping. Scatter half of the toasted pecans into the crevices. **4.** Using electric beaters, whisk whole eggs, egg yolks and sugar together in a large bowl. Place thickened cream and milk into a saucepan and bring to just below boiling. Add a little of the hot milk to the egg mixture and whisk quickly to combine, then whisk in the remaining mixture to make a custard. Pour the custard over top of the brioche and allow to stand for 10 minutes, so the bread soaks up the custard. **5.** Next, scatter over remaining pecans. Bake for about 40 minutes or until custard has set. Stand for 5 minutes before serving with remaining toffee sauce, and ice cream, if desired.



warm chocolate and hazelnut cake with raspberry cream

SERVES 6–8

200g unsalted butter, cubed, plus extra for greasing

200g good-quality dark chocolate, broken into pieces

4 free range eggs (at room temperature), separated

170g caster sugar

2½ tbsps espresso coffee (or 1 tbsp coffee granules dissolved in 2½ tbsps water)

2 tbsps cocoa powder

200g hazelnut meal

RASPBERRY CREAM

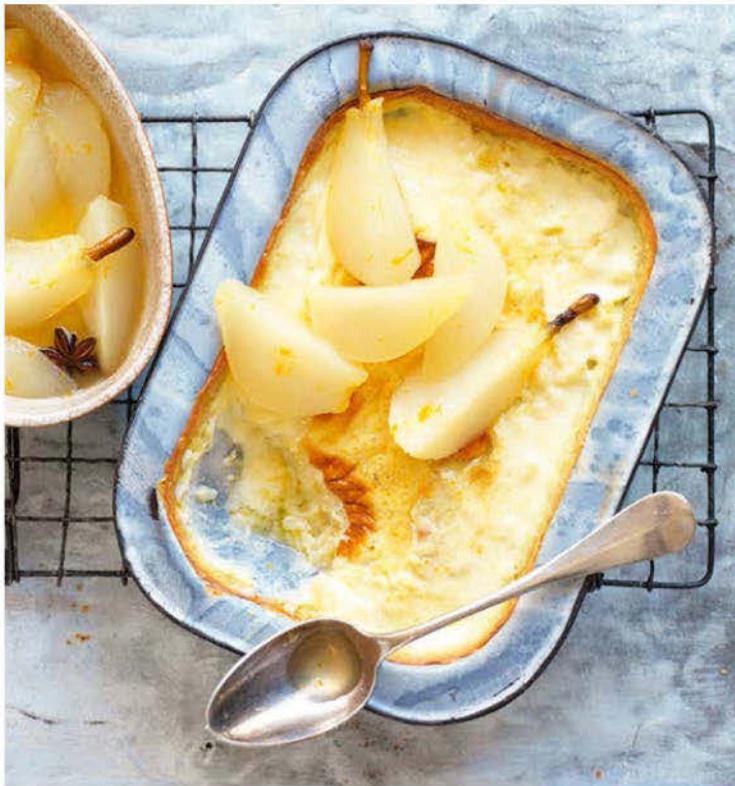
2 tbsps icing sugar

1½ cups thickened cream

½ tsp vanilla bean paste or 1 tsp vanilla extract

100g frozen raspberries, defrosted

1. Preheat oven to 170°C. Grease and line the base of a 20cm spring-form cake tin. Place chocolate and butter in a heatproof bowl over a pan of barely simmering water, ensuring base of the bowl doesn't touch the water, stirring occasionally. Once completely melted, continue stirring until glossy. Set aside for 10 minutes to cool slightly. **2.** Meanwhile, place egg yolks and sugar in a bowl and, using electric beaters, whisk for 2–3 minutes or until pale and creamy. **3.** Combine coffee and cocoa powder, stirring until lump-free. Add to chocolate mixture. Add chocolate mixture to egg-and-sugar mixture, then gently fold in hazelnut meal. **4.** Place eggwhites in a clean, grease-free bowl and, using clean electric beaters, whisk until soft peaks form. Add a large spoonful to cake mixture to loosen the mix, then gently fold in remaining eggwhite. **5.** Spoon mixture into prepared tin and bake for 30 minutes, then cover loosely with foil and bake for a further 20 minutes or until a skewer inserted in centre of the cake comes out clean. Allow cake to cool for 5 minutes then remove from tin. **6.** To make raspberry cream (while cake is baking), sift icing sugar into thickened cream, then stir through the vanilla. Whip until it just starts to hold its shape (don't over-whip). Gently fold in raspberries. Serve with warm cake.



rice pudding with orange and cardamom pears

SERVES 6

Unsalted butter for greasing
 2½ cups milk
 1 cup thickened cream
 seeds from 1 vanilla pod (see note)
 50g caster sugar
 ¼ tsp ground cardamom
 finely grated zest of 1 orange (reserving juice for the sauce)
 ½ cup risotto or pudding rice
ORANGE AND CARDAMOM PEARS
 250g caster sugar
 6 cardamom pods, lightly crushed
 finely grated zest and juice of 1 orange, plus juice from
 the orange above
 3 pears, peeled, cored and quartered

1. Preheat oven to 160°C. Grease a 1.5-litre-capacity ovenproof dish (no more than about 6cm deep) with butter. Combine all rice pudding ingredients in a bowl and stir to combine. Pour into dish and bake for 1 hour. **2.** Remove pudding from oven and stir very gently, disturbing as little of the skin as possible. Return to oven for 15 minutes or until a golden brown skin has formed. Stand for 5 minutes before serving. **3.** Meanwhile, to prepare orange and cardamom pears, put 1 cup of water and the sugar into a large saucepan and bring slowly to the boil, stirring occasionally to dissolve sugar. Add cardamom pods, orange juice (from both oranges) and zest. Add pears in a single layer. Cover pears with a circle of baking paper, so it touches the pears, and cover with a lid. Reduce heat to low and simmer gently for 10–15 minutes or until pears are soft. Carefully remove pears and place on a plate. Increase heat under sauce and boil for 15 minutes or until sauce has thickened slightly. **4.** Serve rice topped with orange and cardamom pears, and extra sauce.

NOTE: Don't waste the scraped vanilla pod, store it in a container of sugar to make vanilla sugar.



custard pots with vanilla almond brittle

SERVES 8

2 eggs
 2 egg yolks
 1½ cups pouring cream
 130g caster sugar
 1 vanilla pod, seeds scraped
 1½ cups milk
VANILLA ALMOND BRITTLE
 60g whole almonds
 ½ cup caster sugar
 1 vanilla pod, seeds scraped

1. Preheat oven to 150°C. Arrange 8 ½-cup ramekins in a roasting tin. **2.** Place eggs, egg yolks, cream, sugar and vanilla seeds into a heatproof bowl and, using electric beaters, whisk until combined. **3.** Pour milk into a saucepan and bring to just below the boil, then remove from heat. Add ¼ cup of the hot milk to the egg mixture and whisk to combine – work quickly or the eggs may scramble. Add remaining hot milk and whisk until combined. **4.** Transfer mixture to a large jug, then divide between the 8 ramekins. Pour boiling water into the tin around the ramekins to come about halfway up the sides of the ramekins. Bake for 45–50 minutes or until set. Cool for at least 30 minutes, or chill until needed. **5.** Meanwhile, to make the almond brittle, line a baking tray with baking paper. Heat a dry frypan over a medium heat. Add almonds and toast, shaking pan regularly, for 2–3 minutes until toasted. Remove from pan, cool for 5 minutes, then coarsely chop. Spread out on the lined tray. **6.** Place sugar and vanilla seeds into a small saucepan and add ½ cup water. Cook over a low heat, stirring occasionally until sugar melts. Bring to the boil, and cook, without stirring for 6–10 minutes or until it has turned a golden caramel colour. Don't be tempted to stop cooking until it turns golden. Quickly pour over the almonds, tilting tray to cover almonds in a thin layer. Leave to set. **7.** Just before serving, break almond brittle into shards and scatter over the puddings. □

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creations

BIANCA'S BB BURGER



#CREATEYOURTASTE

“It's a deluxe bacon and egg burger that can be enjoyed from brunch onwards. The chipotle mayo adds a little kick”

LULU DOUGHERTY,
MARIE CLAIRE MANAGING EDITOR

LULU'S ALL-DAY BREKKIE



MONICA'S MON'STER



LULU'S ALL-DAY BREKKIE



BIANCA'S CREATION

THE BB (BEEF BACON) BURGER

When given the chance to design her ultimate burger creation, Bianca De Candia, *marie claire*'s marketing coordinator, wasn't messing around. With 30 ingredients to choose from, the BB (Beef Bacon) Burger was born. Says Bianca, "The BB is a hearty burger that's sure to entice your hunger. This burger really means business."



- TOASTED BAKER'S BUN
- KETCHUP
- ANGUS BEEF
- CLASSIC CHEESE
- RASHER BACON
- GRILLED PINEAPPLE
- BEETROOT
- TOMATO
- LETTUCE



MONICA'S CREATION

THE MON'STER BURGER

Feeling hungry? Monica Russell, *marie claire*'s fashion office manager, has you covered. "As the name suggests, my Mon'ster Burger is not for the faint-hearted. Beef, double cheese and all the tasty extras - knife and fork recommended".



- TOASTED BRIOCHE STYLE BUN
- BIG MAC SPECIAL SAUCE
- CARAMELISED GRILLED ONION
- TOMATO
- ANGUS BEEF
- CLASSIC CHEESE
- NATURAL CHEDDAR
- LETTUCE
- TORTILLA STRIPS
- KETCHUP



LULU'S CREATION

ALL DAY BREKKIE

Overseeing the day-to-day running of *marie claire*'s editorial department keeps managing editor Lulu Dougherty on her toes. So she designed the All Day Brekkie to keep her going, whatever the day brings. "It's a deluxe bacon and egg burger to be enjoyed from brunch onwards. Chipotle mayo adds a little kick."



- TOASTED BAKER'S BUN
- CHIPOTLE MAYO
- CARAMELISED GRILLED ONION
- TOMATO
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AIMEE'S CREATION
THE CHEESE-A-BEAUTY

We asked Aimée Leabon, *marie claire's* contributing wellness & beauty editor, to build her best-ever burger – and with cheese, beef, bacon and a toasted brioche style bun as the starring ingredients, it really is a beauty. "Like a luxe spa treatment, my Cheese-A-Beauty burger is decadent and luxurious," says Aimée. When you want to treat your tastebuds, make this your go-to.



- TOASTED BRIOCHE STYLE BUN
- TOMATO CHILLI JAM
- RED ONION
- GUACAMOLE
- ANGUS BEEF
- SWISS CHEESE
- RASHER BACON
- LETTUCE
- CHIPOTLE MAYO



TARA'S CREATION
FASHIONISTA FIESTA

Tara Morris, the *marie claire* fashion department's market editor, knows how accessories enhance a classic look. Tara's Fashionista Fiesta "spices up the classic burger by keeping the pickles on and adding jalapenos".



- TOASTED BAKER'S BUN
- AIOLI
- LETTUCE
- ANGUS BEEF
- CLASSIC CHEESE
- TOMATO
- RED ONION
- LONG SLICED PICKLE
- JALAPENOS
- KETCHUP



GOLD TOUCH

We have never met a metallic we don't love and the new Novus Luxuria Collection from Ziporah Lifestyle is no exception. The range of geo-patterned hand towels, bath sheets and bath rugs, from \$39, feature super-soft metallic thread that brings serious luxe to the bathroom. Visit ziporahlifestyle.com.

MC LOVES

CLASS ACT ➤

One word: elegant. That's how we would describe the pieces by New Zealand design firm Douglas and Bec.

Expanding on the timeless designs the brand is known for, the new range, Line, offers lamps, pendant lights and side tables in smoky grey, dusky pink and brass. Visit douglasandbec.com.



THIS GOES WITH THAT

Package deals are nothing new, but they are rarely as pretty as the interior accessory packs available from Nathan + Jac. The homewares brand offers hand-picked pieces in a range of styles, including the new Winter Wonderland Accessory Look, \$590, which includes marble pieces, artwork, and a vase and candle. Visit nathanjac.com.au.



MADE IN JAPAN

Muji has long been a favourite for travellers with an eye for understated style, so the opening of its Sydney store – the brand's third, and largest, Australian outlet – has been met with much excitement. You can expect all the signature clothing, homewares, kitchenware, furniture, storage and cute-as stationery. Visit muji.com.au.



We love the cheeky invitation on wine label Two Italian Boys. Fortunately, the pinot grigio and sangiovese, both \$18.99, are rather nice, too. Visit twoitalianboys.com.

what's new



WINTER READS

Conran On Colour (Hachette Australia, \$49.99). Leading designer Terence Conran knows a thing or two about colour. Here, he reveals his tips, and plenty of inspo images to help you get the look.

The Chef Gets Healthy (Lantern, \$39.99). Chef Tobie Puttock (Jamie Oliver's Aussie pal) has banished the baddies from his diet and created healthy recipes that are gluten-free and oh-so-good.

marie claire

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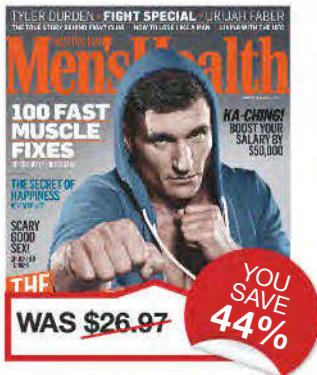
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Leo

JULY 23 – AUGUST 22

Here it is Leo – the breakthrough year you've been waiting for. Last year, very little came easily. But that was then. On the 13th, Jupiter – the planet of joy and luck – sidles into your financial sector and will stay put for 13 months. This delightful planet cheers you on – not only financially, but professionally and romantically, too. Jupiter expands whatever it touches, so not only are routine bills more easily met, but even some luxuries are affordable. The biggest threat? Extravagance. But not short of ambition or ability, extra earnings will help top up the tip jar. A new image, improved social life and increasing health awareness add to the year's delights.

VIRGO

August 23 – September 22

Jupiter brings blessings wherever it settles, and for the next year it's your hopes and dreams that soar. Whether it's to fulfil a long-held ambition or save the world – success beckons. You're drawn to new groups and organisations. Of course, some discretion is advised. After all, when Jupiter moves on in a year – you may want a quick exit too.

LIBRA

September 23 – October 22

For the next year, Jupiter transits your sector of subconscious desires. You may be drawn to metaphysical subjects – possibly join a group or meet someone who introduces a new spiritual outlook. The really lovely news? If and when you truly need help, it's likely to arrive – from friends ... and more angelic sources.

SCORPIO

October 23 – November 21

Thanks to Jupiter, here's a time where the more you put yourself

in the limelight, the more positive the rewards. So go after exactly what you want. Promote your talents. If you haven't yet found your calling, you'll do so now. A wider audience suddenly notices your new ventures. You can factor some long-distance travel into this year's equation as well.

SAGITTARIUS

November 22 – December 21

Jupiter certainly pulls you in the right direction this month. Yet, being stubborn, you could resist its benevolent tug and cling to old ways. Remember, where you simply give an inch, you could gain a mile. Too often you wait for events to push you into a decision that you should reach on your own. Go on, take a leap of faith. Create a new destiny.

CAPRICORN

December 22 – January 19

With delightful Jupiter settling in your sector of adventure and travel for the next year – you're encouraged to expand your horizons. You've always been courageous, but even more so

now. From now on, there's too much happening to keep you still. Nonetheless, after the 24th this month, slow down a tad and give love a chance.

AQUARIUS

January 20 – February 18

Jupiter grants time for review. You'll likely pore over past errors, so try to remain objective. If you see this as a chance to put old demons to rest, you can resolve grievances rather than let them fester. Old dreams, the value of friendship and the repercussions of hiding your feelings are issues that must be addressed.

PISCES

February 19 – March 20

The planets are being wonderful. Mars offers professional support; Mercury brings spontaneity to friendships; and Jupiter showers you with romance. The really good news? For many months to come, love and commitment become entwined. At work, use August for solid groundwork. You're due a public debut, but remember – preparation is key.

ARIES

March 21 – April 20

Your career will catch fire this month as you impress the right people. You've been waiting for something big to happen and, finally, Jupiter creates huge business opportunities over the next year. Unexpected turns of events won't faze you – most of them will be to your advantage. Ditto for romance. Enjoy.

TAURUS

April 21 – May 20

This is a major time for Taureans. Jupiter settles into your love sector for a year – with Cupid aiming his intoxicating arrows your way. Set your sights on specific targets if there is any desire or heart you'd love to capture. With so many admirers, you needn't work hard. A year of wine and roses, perhaps?

GEMINI

May 21 – June 21

Domestic and personal issues monopolise your time. Recent months have been dramatic, so a sense of belonging becomes important. For singles, the lure to coupledom is hard to resist, while established duos rekindle commitment. If a project needs bankrolling, look to relatives. Also consider real estate deals.

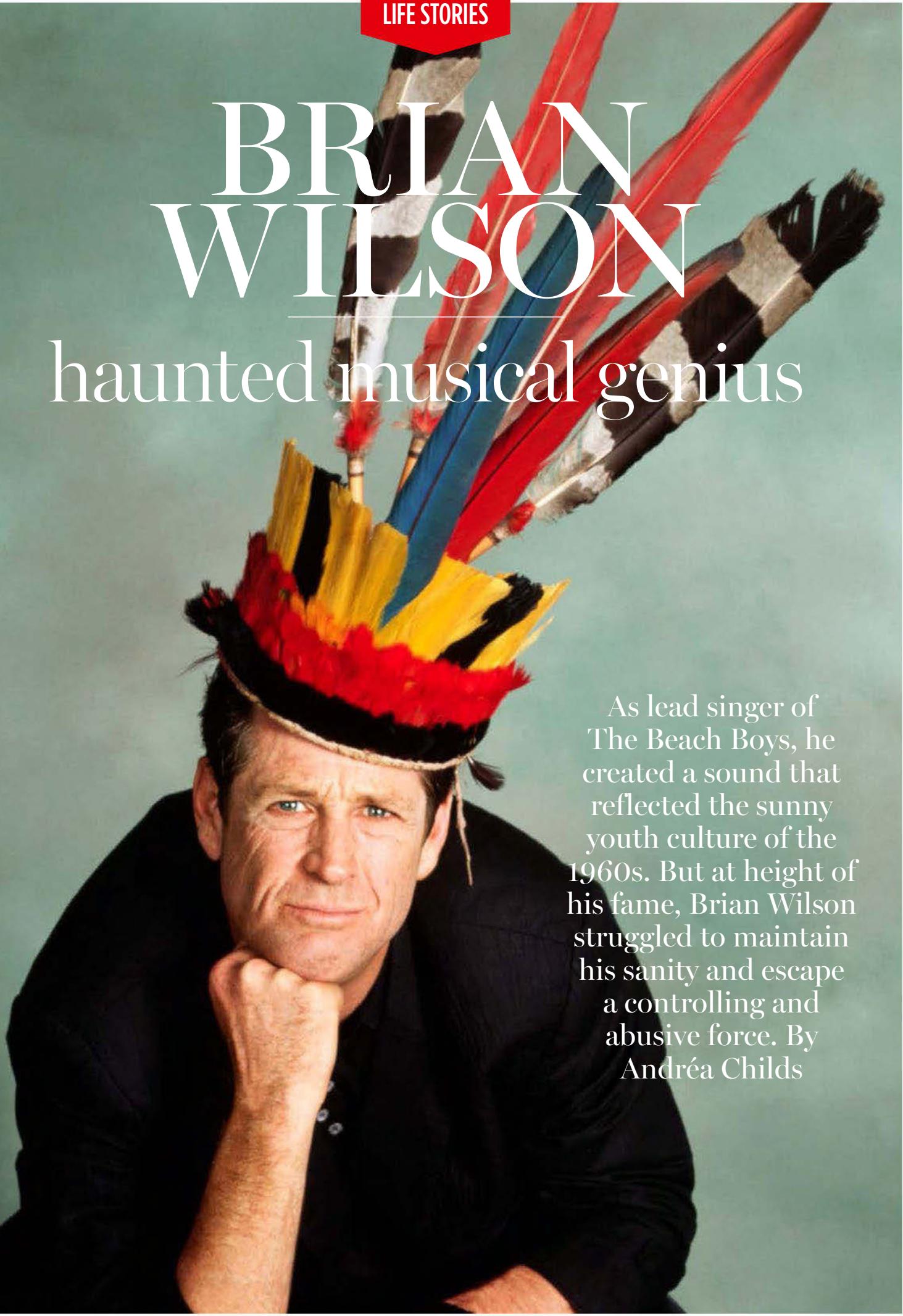
CANCER

June 22 – July 22

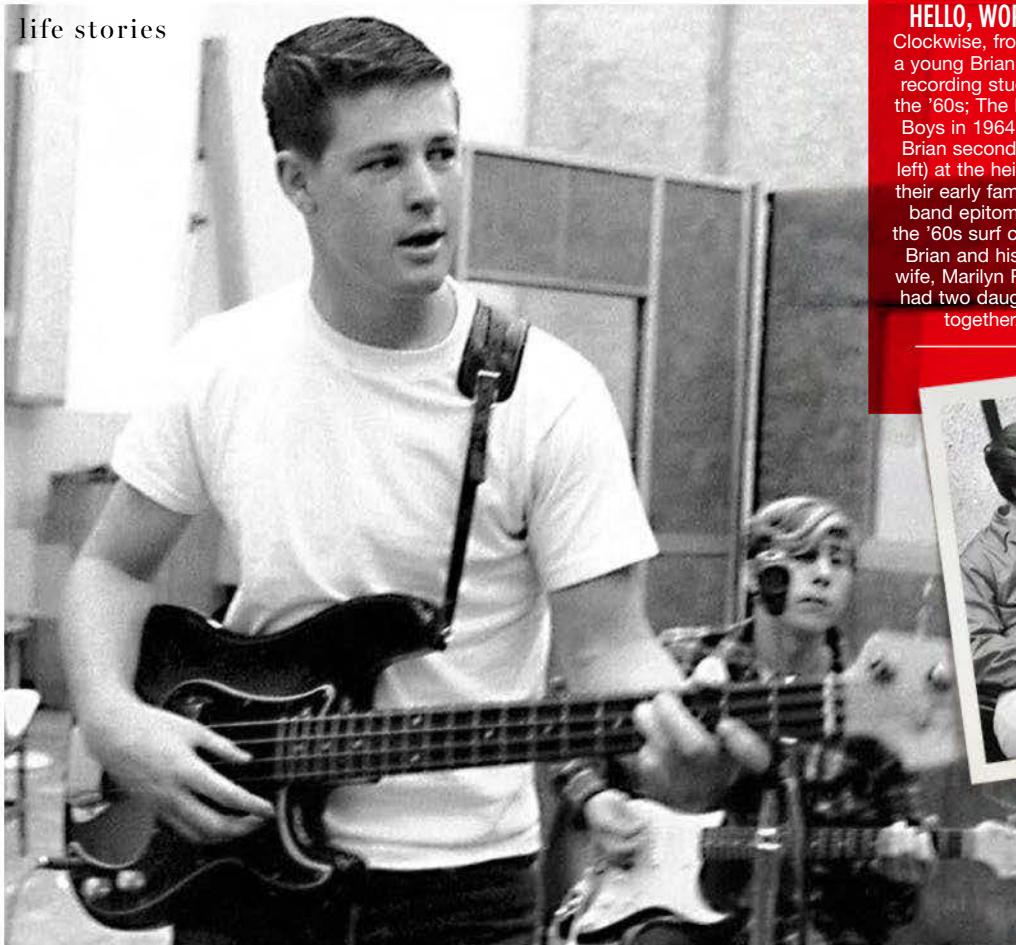
Jupiter stirs communications for the next 12 months. Ideas and networking dominate as your intellect is aroused. If skills are lacking, you gain them; if a vital link is missing, it will be found. For many, this means career progression; and for some, financial backing. Romance appears equally fortuitous.

BRIAN WILSON

haunted musical genius



As lead singer of The Beach Boys, he created a sound that reflected the sunny youth culture of the 1960s. But at height of his fame, Brian Wilson struggled to maintain his sanity and escape a controlling and abusive force. By Andréa Childs



HELLO, WORLD!

Clockwise, from left: a young Brian in the recording studio in the '60s; The Beach Boys in 1964 (with Brian second from left) at the height of their early fame; Brian and his first wife, Marilyn Rovell, had two daughters together.



As horrified airplane passengers look on, Brian Wilson – the genius behind The Beach Boys's sun-drenched sound – begins to howl, then screams out, "I can't take it anymore!" Soon, he is lying in the plane's aisle, his face crushed into a pillow, as he tries to muffle his misery.

It's December 1964 and the band is on its way to play a show in Houston, Texas, but their troubled star can barely make it to the destination. At only 22 years of age, he has been crushed by a relentless recording and performing schedule, which has seen the band produce eight albums in just two years. But this public breakdown wasn't a one-off warning to slow down the pace. For Brian, it was the first sign of a mental fragility that would drive him to find refuge in food, drink and drugs, and, ultimately, take him to the brink of madness.

That story – and his incredible renaissance – is the subject of a new biopic *Love & Mercy*, which is in cinemas now. The movie is more than another chapter in the Wilson myth. Filmed with the support of Brian and his second wife, Melinda Ledbetter, it's an homage to their relationship, as well as to the enduring impact of his music. "When you listen to his recordings, you can hear him imagine virtually the rest

of pop music for the next 30 years," John Cusack, who plays Brian in the film, told *Variety*. "We take for granted all that music that's in our DNA ... for a large part, it was Brian." The multi-layered vocals and complex music of The Beach Boys inspired many influential musicians, including The Beatles, while their 1966 album *Pet Sounds* is regularly named one of the greatest records of all time. The band has sold more than 100 million albums, and the Grammy-winning Brian has been rated both one of the greatest producers and singers in music history.

Brian Wilson was born on June 20, 1942. He and his two younger brothers, Dennis and Carl, were raised in Hawthorne, California, by his mother Audree, a homemaker, and father Murry,

After his first acid trip, Brian began to hear voices, telling him he was going to die

a frustrated songwriter who worked for a gas company. Murry was a violent, domineering drinker who reputedly caused his oldest son to go deaf in one ear after beating him when he was only six. The brothers took to singing harmonies in their room to placate their music-loving father and began performing with their cousin Mike Love and friend Al Jardine at high school.

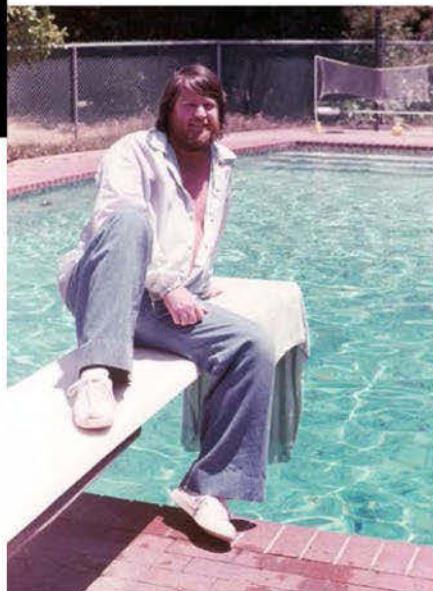
Their big break came in 1961, when Audree and Murry went away for the weekend, leaving the boys home alone. The brothers, Love and Jardine took

the emergency money they'd left – plus \$300 given to them by Jardine's mother – and used it to rent instruments to rehearse what would become their first single, "Surfin'" (ironically, Dennis was

the only one to ever hit the waves). Murry was furious – until he heard the song. Excited by its possibilities, he insisted on becoming the group's manager and helped secure their first record deal. "He was like our coach," Brian has said. "He scared me so much, I actually got scared into making good records."



Left: Brian and his controversial therapist, Eugene Landy, in New York in 1985. Above: the group in 1976, with brother Dennis covering Brian's eyes. Above right: Paul Dano plays a young Brian Wilson in the biopic *Love & Mercy*. Below: at home in LA in 1980, a year after his divorce from first wife Marilyn.



The sunny surf-and-car songs of The Beach Boys were an instant success, led by Brian's artistic vision. "He was obsessed, almost dictatorial, and he had a clear idea of what he wanted the music to say," Jardine tells *marie claire*. "We'd gather round the piano and Brian would hand out our vocal parts. When we sang them back to him, he would hear the sound that was in his head, like we were a human tape recorder."

The Beach Boys – and Brian – became a phenomenon. They released nine albums and 16 hit singles between 1963 and 1965, and toured the world. In 1966 and 1967, they were voted Best Vocal Group (ahead of The Beatles and The Rolling Stones) by readers of influential British music magazine *NME*.

But soon, Brian's musical control was overshadowed by his father's bullying of him and the rest of the band. Murry imposed strict curfews, fining them for swearing and insisting they were neatly turned out at all times. He was ever-present in the studio, too, demanding they sing songs repeatedly to get the perfect take. "In some ways, I was very afraid of my dad. In other ways I loved him because he knew where it was at," Brian later recalled. "My dad blew my mind."

Soon, Brian was affected by more than just his father's demands. In 1962, he met Marilyn Rovell, who was 14 (Wilson was 20 at the time). They married when she turned 16 as Brian sought stability amid the frenzy of The Beach Boys's early success. It wasn't to be. Around that time, a friend gave Brian his first joint. Not long after, he took LSD for the first time. "At first, my creativity increased more than I could believe," he told journalist Alexis Petridis. "On the downside, it fucked my brain." Within weeks of his first acid trip, Brian began to hear voices, telling him he was going to die. Over the next few years, as he

began using harder drugs, including amphetamines, cocaine and heroin, his behaviour became increasingly bizarre. He would gorge on steak and ice-cream; he built a sandpit below his piano so he could feel the "beach" under his feet; he had a tent installed in his living room to hold meetings in; and held conferences in the deep end of his swimming pool, so the conversations couldn't be bugged. While recording the album *Smile*, he insisted all the musicians wear toy plastic fire helmets. Afterwards, he noticed a rise in the number of fires in LA and, concerned his music had caused them, destroyed the tape of the session.

"The band as a whole got into a lot of drugs," recalls Jardine. "But Brian was very vulnerable to their effects and it became a crisis." This time, from the mid '60s to the late '70s, came to be known as Brian's "recluse years", as he pursued his increasingly uncommercial – but now critically lauded – music. The band remained intact (except for Brian's continued absence) and carried on recording and touring without him. Instead, Brian opened a health-food store named The Radiant Radish – largely at odds with his own state of health (he could be found behind the counter in his dressing-gown, hugely overweight, greasy hair hanging around his shoulders; the store closed in 1971).

He had therapy and spent periods in psychiatric hospitals, but little seemed to help the troubled star. By then, he and Marilyn had two daughters, Carnie and Wendy (who would later have their own musical success with their band Wilson Phillips). "My memories of him are him wandering from room to room. Who knows what he was thinking in his head?" recalled Carnie in the documentary titled *I Just Wasn't Made For These Times*. "Mum would say, 'Your father's not like other dads. But he has this gift, and no-one will ever be able to take that away.'" Eventually, life with Brian became too much for Marilyn, who divorced him in 1979. Wilson descended further into drink, drugs and depression, until one day he disappeared altogether. He was found days later in a bar in San Diego, playing piano for drinks. ▷



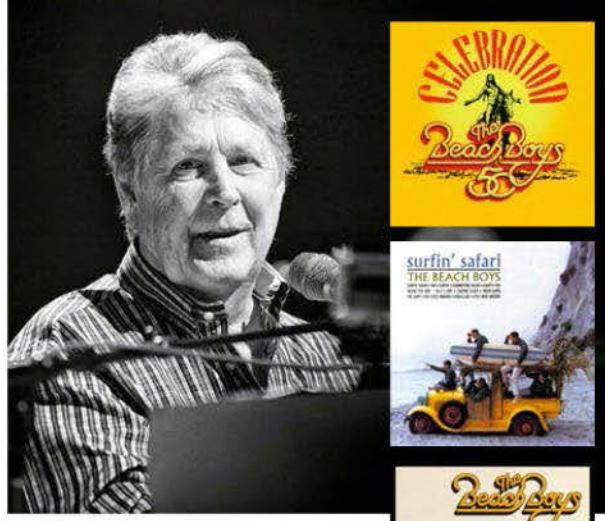
SECOND CHANCE
Clockwise from far left: second wife Melinda Ledbetter and Brian in the late '90s with daughters Delanie and Daria; in 2004, with daughters Wendy (left) and Carnie (centre), and Chynna Phillips; on tour in London in 2012.

In 1975, Brian's family and Marilyn had engaged controversial psychologist Eugene Landy, who had a reputation for treating Hollywood's most dysfunctional stars (Alice Cooper and Richard Harris were previous clients). Landy wrongly diagnosed Brian as paranoid schizophrenic, treating him with huge doses of psychotropic drugs that actually worsened his mental condition. Landy employed a team of assistants to keep his patient under 24-hour surveillance and put him on a punishing regimen of diet, exercise and work; humiliating him in public and bribing (with a burger or joint), or threatening him (with a baseball bat) to sit at the piano and write so Landy could benefit from any new hit music. It's these years that are the focus of *Love & Mercy*. "We were sucked into a vortex with that man," admits Jardine. "He was extremely aggressive in his treatment of Brian and calculating, assuming the role of manager and director of Brian's life."

In 1976, Landy was fired by the family in a dispute over his fees (he charged \$35,000 a month), although he was re-employed in 1982 when Brian slipped back into drug use. This time, Landy's regimen was even more radical – he isolated Wilson entirely from his family and friends. "I live in a strange hell. I'm a prisoner and I have no hope of escaping," Brian told a musician at the time, according to biographer Peter Ames Carlin in his book *Catch A Wave: The Rise, Fall & Redemption Of The Beach Boys' Brian Wilson* (Rodale).

Desperate, Brian reached out for help whenever he could. "In 1986, I was working in a car showroom when Brian came by with Eugene to buy a car," recalls

Melinda Ledbetter to *marie claire*. "Brian slipped me a note that said, 'Scared, frustrated, alone.' I felt sorry for him and also curious, so when Eugene called me and asked me to go on a date with Brian, I said yes. Brian was just this gentle soul and he had an air about him; I wanted to know more about him." They dated for three years. "We mostly went to



musical events choreographed by Eugene," says Ledbetter. "We were like teenagers, tiptoeing around the disapproving parent." Then, in 1989, threatened by their closeness, Landy cut off all contact between the pair. "It was just awful," she remembers sadly. "From time to time Brian would call and tell me how lonely he was."

Desperate to help, Ledbetter contacted Brian's mother and brother Carl to explain the level of control Landy had (including persuading Brian to change his will to make him a beneficiary of 70 per cent of his fortune). In 1992, with the help of evidence collected by Ledbetter,

the Superior Court of Santa Monica finally banned Landy from all financial and personal involvement with Brian.

Landy died in 2006. "Landy underestimated me, probably thinking, 'Nice dumb blonde. She'll be arm candy for Brian for a while,'" says Ledbetter. "He didn't understand the power of love and redemption."

Since their 1995 marriage, Brian has experienced a renaissance, personally and professionally, physically and psychologically. Encouraged by his wife, he

has reconnected with daughters Carnie and Wendy. The couple has also adopted five children. "I was 48 when we got married, and one day Brian announced we should have a baby," explains Ledbetter. "Just like anyone that has five kids, we have ups and downs, but we have a lot of pleasure. It's worked out great for us."

A diagnosis of bipolar schizoaffective disorder means Brian is now being treated with the correct medication, making day-to-day life easier, although he can still hear voices. "I don't think he can boil water or fry an egg for himself," says Jardine fondly. "He's not an invalid, but he does need a facilitator. His world is focused on his music and that wonderful talent he has in abundance." In 2004, he finally released a version of the band's lost classic *Smile*; the band briefly reformed in 2012 to celebrate their 50th anniversary; and he continues his work, both solo and with collaborators, such as Jardine. But it's not all happily ever after. His brother

Dennis drowned in 1983, after years of alcohol and drug abuse. Carl died 15 years later from lung cancer. And after years of lawsuits with his former band members, Mike Love legally leased the exclusive rights to tour under The Beach Boys name, without his remaining co-founders. Instead, Brian is busy touring his latest album *No Pier Pressure* in the UK and US. "His music will stand the test of time," says his wife and biggest fan. "It just attacks your soul in a way that brings so much pleasure and joy." □

"His music will stand the test of time. It attacks your soul"

Melinda Ledbetter

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